



With the voluntary Healthy Blue Rewards program, you have the opportunity to earn up to \$300 in rewards by completing the following steps.

1. Activate Your Healthy Blue Rewards Account

Register or log in to your secure account at capbluecross.com. Click on **Wellness** to access **Healthy Blue Rewards** to begin. On your Healthy Blue Rewards dashboard, click **Program Activation** (Step 1) and confirm your personal information. **IMPORTANT: Program activation is required for you to earn the reward associated with the activities listed below.**

2. Complete a Biometric Health Screening

 Complete this step for a \$100 reward card.*

After you have activated your Healthy Blue Rewards account, click **Complete Biometric Health Screening** to begin Step 2. You have two options: A) have your biometric health screening at a healthcare provider's office or a retail clinic, or B) visit a Capital Blue health and wellness center. Regardless of which option is chosen, you will need to download your personal Biometric Health Screening form. Then schedule a biometric health screening appointment with your healthcare provider or call Capital Blue at 855.505.2583 to schedule a screening with a health coach. (See page 5 for Capital Blue health and wellness center locations.)

3. Meet Three out of Four Biometric Health Screening Goals

 Complete this step for a \$200 reward card.*

- Body Mass Index** = 27.5 or less;
or waist circumference of 35 inches or less for men,
or 33 inches or less for women
- Blood Pressure** = 130/85 mm Hg or lower
- LDL Cholesterol** = 130 or less
- Glucose** = 115 or less

Capital BLUE

*If you've previously received a Healthy Blue Rewards MasterCard®, it will be reloaded. If this is your first time participating in the program, you will receive a Healthy Blue Rewards MasterCard® in the mail. Be sure to keep it for future reward payments. If your card is lost or stolen, please call 855.208.1763 right away to report it. A representative can issue you a new card and protect your available funds from being used.



If you would like to participate in the wellness program and need to request a reasonable alternative or file an appeal, please call 855.208.1763.

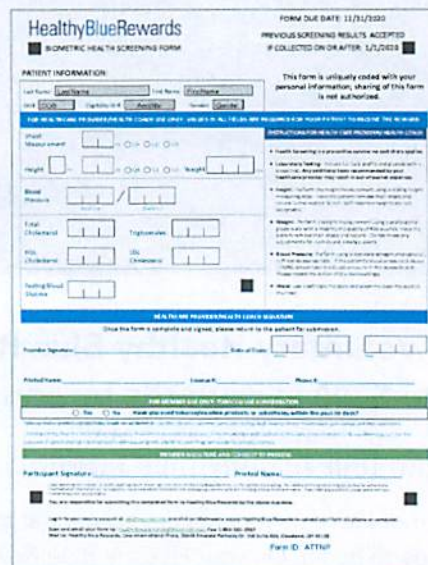
Capital Blue is brought to you by Capital BlueCross, an independent licensee of the BlueCross BlueShield Association serving 21 counties in central Pennsylvania and the Lehigh Valley.

Download Your Personal Biometric Health Screening Form

Before your biometric health screening appointment, download and print your personal Biometric Health Screening form from your Healthy Blue Rewards dashboard at capbluecross.com. You can submit (upload) your completed form there as well.

Return the Biometric Health Screening Form

A completed, signed form must be received by Healthy Blue Rewards no later than **December 31, 2020**. You can return the form online, using the upload option on your Healthy Blue Rewards dashboard, or via email, fax, or mail. If mailing, it must be postmarked on or before **December 31, 2020**. Refer to the form for further details about these options.



Screening with Your Healthcare Provider

It's important to give your healthcare provider's office the correct information to ensure a successful visit.

I recently had a preventive care visit. Can I submit those results?

We will accept results from biometric health screenings that take place between January 1 and December 31, 2020.

What type of appointment am I scheduling?

When calling your healthcare provider's office to schedule an appointment, tell them you would like to schedule a "preventive care visit" or "annual wellness visit". These are frequently used industry terms. Your healthcare provider's office should be able to easily accommodate your request.

What biometric health screening should I request?

Your healthcare provider's office should perform a standard lipid panel blood test and a glucose test. For the most accurate results, fasting 10 to 12 hours prior to your biometric health screening is recommended.

What should I take to the appointment?

Take your personal Biometric Health Screening form to the appointment. Both you and your healthcare provider must complete and sign the form. This form can be obtained through your Healthy Blue Rewards dashboard.

Who is permitted to sign my Biometric Health Screening form?

Doctors (M.D. and D.O.), nurse practitioners (N.P.), physician assistants (P.A.), and Capital Blue health coaches are eligible healthcare providers who may sign your form. You must also sign the form.

Once completed and signed, can my healthcare provider submit my Biometric Health Screening form on my behalf?

Yes. Your healthcare provider can fax or email the form and lab results on your behalf. Refer to the instructions on the form for details. As the member, it is ultimately your responsibility to ensure that Healthy Blue Rewards receives the completed form on or before the December 31, 2020 deadline.

Questions?
Call 855.208.1763