

Earn rewards for a healthy lifestyle



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Your healthy choices deserve recognition. Find support on the SydneySM Health app, an all-in-one hub to access your benefit information and wellness rewards. With the incentive program, **you can earn up to \$300** for participating in activities such as tracking your steps, completing a wellness exam, and reading educational articles.

You will receive rewards in 2025 if you are enrolled in an Anthem medical plan for 2025.

Start earning rewards today through the Sydney Health App.

- **Download or log in to your no-cost Sydney Health app, and**
 - select **Menu.**
 - select **Access Care.**
 - select **My Health Dashboard.**
 - scroll down to **My Rewards.**

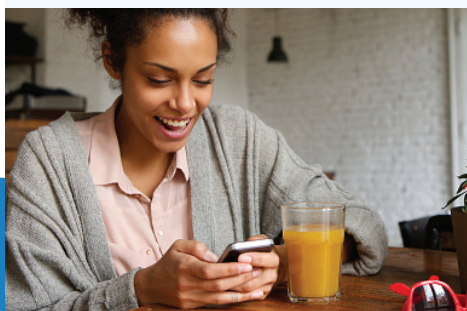
*To redeem your rewards, scroll down and choose - **Redeem Rewards***.

Take advantage of your rewards program - be an active participant. Any rewards earned must be redeemed before the end of the current calendar year or you will lose them. Your reward balance will reset to zero at the beginning of each new calendar year.

Through [anthem.com](https://www.anthem.com):

- Log in to **anthem.com.**
- Select **My Health Dashboard.**
- Select **My Rewards.**

Take the Health Risk Assessment to receive your **wellness rewards**. Learn more about your health, and get **personalized steps** to improve it.



▶ **Celebrate your health accomplishments** — big and small.

Download the Sydney Health app and start earning your rewards.



If you need help with your rewards, please call the Member Services number on the back of your member ID card.

All preventive care activities are claims-based. Medical waivers apply to all claim-based activities. Rewards eligibility applies to only employees. Members must be active on the plan and activity must take place during the calendar year. It may take a little time once you complete a wellness activity before you see the reward amount in your account. Subscriber may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Anthem claims are required for claims-based activity rewards and may take up to 60 days to adjudicate. Product availability may vary. The reward amount redeemed may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations. The list of retailers available for electronic gift card rewards redemption is subject to change. Open the SydneyHealth app or logon to [anthem.com](https://www.anthem.com) or to explore the electronic gift card options available to you.

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