

Give yourself the gift of

Good Health



Start earning your rewards
TODAY!



- 1** Have a preventive office visit with your doctor.
- 2** Complete the Health Assessment online.
- 3** Receive a **\$50** gift card by mail.

Taking steps toward a healthy lifestyle provides many rewards.

By taking charge of your health, you can increase your energy, decrease your chance of developing several preventable illnesses, and – best of all – you simply feel better! Because Blue Cross and Blue Shield of Alabama cares about you and your health, we want to encourage healthier choices through the **myBlueRewards** program. This program offers you a \$50 gift card and other health benefits that come with a healthy lifestyle.

What is the myBlueRewards program?

All covered members and dependents age 18 and over can participate in the **myBlueRewards** program through their health plan(s). Participants will be rewarded with a \$50 gift card when they complete a preventive office visit **and** the Health Assessment. To access the Health Assessment online, participants must register or log in to **myBlueCross** at **AlabamaBlue.com** and select “Health Assessment” under **myHealth** in the main navigation. Participants must complete the activities within the current calendar year to be eligible for a gift card.

The Health Assessment is Blue Cross and Blue Shield of Alabama's online health tool powered by WebMD®, an independent company. Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross Blue Shield Association.