

Earn rewards for a healthy lifestyle



If you are enrolled in a USG Anthem healthcare plan in 2024, you have the opportunity to earn rewards. 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 USG Well-being reward program, **you and your enrolled, eligible spouse can earn up to \$100 each** for participating in activities such as tracking your steps or completing a wellness exam. The earning period starts January 1, 2024, and ends December 31, 2024.

Here's how it works

1. Download or log in to your no-cost Sydney Health app.
2. Select **My Health Dashboard**.
 - To earn your rewards, scroll down and select **My Rewards** to view activities that you can complete.
 - To redeem your rewards, scroll down and choose **Redeem Rewards**.

Any rewards earned must be redeemed before the end of the current plan year. Unused rewards are forfeited, and your reward balance will reset to zero at the beginning of each new plan year. All redeemed incentives are taxable.

	Activities	Description	Reward
Preventive Receive your reward when claims are processed.	Preventive exam or well-woman exam	Complete an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Flu or COVID-19 vaccine	Get an annual flu shot or COVID-19 vaccine	\$10
	General vaccine	Get vaccines (for example, MMR, tetanus) – maximum reward is \$10	\$10
	Mammogram	Complete a routine or preventive mammogram	\$15
	Colorectal cancer screening	Complete a colorectal cancer screening	\$15
	Skin cancer screening	Complete a skin cancer screening	\$15
	Prostate cancer screening	Complete your prostate cancer exam	\$15
	Biometrics	Complete a biometric screening	\$15
Digital engagement Complete activities in the Sydney Health app or on anthem.com .	Sydney Health or anthem.com login	Log in to your Anthem account on the Sydney Health app or anthem.com	\$5
	Health assessment	Complete a health assessment and receive tailored health recommendations	\$20
	Chat with Anthem	Chat with a Health Guide at anthem.com or on the Sydney Health app	\$5
	Track steps	Track your steps – \$10 per month tracking a minimum of 150,000 steps – maximum reward of \$40	\$40
	Track sleep	Track your sleep – \$5 per month of tracking sleep – maximum reward of \$20	\$20
	Track nutrition	Track your nutrition – \$10 per month – maximum reward of \$40	\$40
	Challenges	Earn a reward for completing a challenge	\$15
Ongoing care Receive rewards for continuing your health journey.	Building Healthy Families	Help your family grow and thrive – \$15 for participation – completing your health profile	\$15
	Virtual care video visit – maternity	Complete a virtual visit with a lactation consultant	\$15
	Diabetes Care Standards	Hemoglobin A1c test	\$15
	Diabetes Care Standards	LDL or lipid test	\$15
	Diabetes Care Standards	Microalbumin and eGFR (estimated glomerular filtration rate) lab tests	\$15
	Emotional Well-being (Learn to Live)	Use the Emotional Well-being Resources program (attestation required)	\$15

If you need help with your rewards, please call your Anthem Health Advocate at **800-424-8950**.