

Earn rewards for wellness

With your CVT Anthem Blue Cross Wellness PPO plan



By choosing the Anthem Blue Cross Wellness preferred provider organization (PPO) plan, you've taken a step towards improving your health. With this plan, you have access to valuable wellness resources. Plus, you can earn up to \$400 in digital Mastercard® rewards for taking certain actions to protect or improve your health.

Quick-start guide

This guide will walk you through how to activate your plan and take advantage of these tools and resources.



Step 1

Register or log in at anthem.com/ca or download the SydneySM Health app.



Step 2

If accessing from anthem.com/ca, choose My Health Dashboard > My Rewards. If accessing from the Sydney Health app, choose Menu > Access Care > My Health Dashboard > My Rewards.



Step 3

Create your account. Enter or verify your name, gender, date of birth, and postal code. Select Next to continue.

Digital Mastercard rewards

At CVT, we want you to be an active participant in your healthcare. That's why we're rewarding you with a digital Mastercard when you complete health-related activities.

- First, have a complete wellness exam from your doctor. **Then complete the Health Assessment at anthem.com/ca or on the Sydney Health app.** Once you complete those actions, you will earn \$200 in rewards.
- Next, complete any combination of the activities below to earn up to another \$200 in rewards.¹ **You can access rewards-eligible activities at My Rewards on anthem.com/ca or in the Sydney Health app.**



Activity	Reward
Read five articles or watch five videos (or any combination of the two) in the Sydney Health app.	\$50 digital Mastercard
In the Sydney Health app, connect a tracking device such as Fitbit®, Garmin®, Misfit, Apple HealthKit®, Google Fit, or iHealth®.	\$50 digital Mastercard
In the Sydney Health app, track 10,000 steps a day for three days.	\$100 digital Mastercard
Set a goal and complete an action plan in the Sydney Health app once per quarter, such as Eat Healthy, Achieve a Healthy Weight, Get Active, Increase Energy, Reduce Stress, or Sleep Better.	\$50 digital Mastercard per quarter
Have a mammogram or colorectal cancer screening. ²	\$50 digital Mastercard
Have a cholesterol screening (full lipid panel). ²	\$50 digital Mastercard

To view your earned credits, log in to anthem.com/ca and select the *Completed Activities* tab. You also can call Anthem Blue Cross at **800-234-4333**.

Receiving rewards

- If you complete your activities and earn the maximum rewards, you can self-redeem to receive your digital Mastercard at that time and will not have to wait until the end of the year. You can self-redeem your rewards on anthem.com/ca or on the Sydney Health app.
- If you complete some but not all activities, you will automatically receive your digital Mastercard if you do not redeem it at the end of the plan year.

Smart Rewards frequently asked questions

Incentive rewards overview

What is Smart Rewards?

Smart Rewards is Anthem's incentive program that offers you access to valuable wellness resources and a way to earn rewards for taking certain actions to protect or improve your health.

Where do I track my incentive rewards?

You can track your activities in *My Rewards* in the Sydney Health app and on anthem.com/ca.

To use the Sydney Health app, choose Menu > Access Care > My Health Dashboard > My Rewards > View Completed Activity. To use anthem.com/ca, log in, then go to My Health Dashboard > My Rewards > View Completed Activity.

An eligible spouse/domestic partner can view their incentive rewards by signing in to their account on the Sydney Health app and on anthem.com/ca, following the same steps above.

Note: Spouses/domestic partners will need to have their own account in the Sydney Health app and/or on anthem.com/ca.

Who is eligible to participate in the Smart Rewards program and earn incentive rewards?

Eligibility for incentives includes you and your spouse/domestic partner unless otherwise defined by your employer.

Who do I contact if I have additional questions about incentive rewards?

- Contact Member Services using the phone number on the back of your health plan ID card.
- For technical support about the Sydney Health app or anthem.com/ca, call **866-755-2680**, Monday through Friday, 8 a.m. to 8 p.m. PT.

How can I view my incentive rewards earned in prior years?

You can view your incentive rewards on anthem.com/ca. Go to My Health Dashboard > My Rewards > Snapshot > View Completed Activities > Check Previous Year's Completed Activities or use the Sydney Health app and go to Menu > Access Care > My Health Dashboard > My Rewards > Snapshot > View Completed Activities > Check Previous Year's Completed Activities.

How much can I earn in incentive rewards?

Each year (from October 1 through September 30), the maximum incentive payout is \$400.

How are incentive rewards earned?

You choose what works best for you. You are welcome to participate in as many activities as you would like, but the maximum amount you can earn is \$400.

How can I access the Sydney Health app or anthem.com/ca to see the activity options and earned incentive rewards?

You and your spouse/domestic partner enrolled in an Anthem medical plan can view the ways to earn by logging in to the Sydney Health app or anthem.com/ca. You will each need to have your own account to view your incentive rewards. Associates cannot view incentive rewards earned by their spouse/domestic partner.

To view your rewards on the Sydney Health app, go to Menu > Access Care > My Health Dashboard > My Rewards. You can also log in to anthem.com/ca and look under My Health Dashboard > My Rewards.

Incentive rewards guidelines

When and how will I receive my incentive rewards?

Incentive rewards earned in the current plan year can only be redeemed in the current plan year.

If you complete your activities and earn the maximum rewards, you will automatically receive your digital MasterCard at that time and will not have to wait until the end of the plan year.

If you complete some but not all activities, you will automatically receive your digital MasterCard if you do not redeem it before the end of the plan year.

To redeem earned dollars, go to Menu > Access Care > My Health Dashboard > Redeem Rewards. The digital gift card you have selected will be immediately emailed to you.

Can I earn incentive rewards if I am a new hire?

Yes, as a new hire, you are eligible to earn and redeem dollars by completing incentivized activities.

Do I have to participate in any specific activities during the program year?

No, you do not need to complete specific activities. However, some activities require you complete two activities or one of two activities to earn the incentive reward.

Ways to earn incentive rewards

Health Risk Assessment

What is the Health Risk Assessment?

The Health Risk Assessment on the Sydney Health app or anthem.com/ca is a requirement to receive your earned incentive rewards, though you do not receive any incentive rewards for completing it. It provides you with information

about your health and personalized steps you can take to improve your wellness. You must complete the Health Risk Assessment to receive your earned incentive rewards.

Note: You can see all your completed activities on the Sydney Health app and anthem.com/ca.

The Health Risk Assessment is located on anthem.com/ca under My Health Dashboard > My Rewards > Health Risk Assessment. The Health Risk Assessment is also located on the Sydney Health app under Menu > Access Care > My Health Dashboard > My Rewards > Health Risk Assessment. Your privacy is very important to us. All results are kept confidential, and your employer cannot view your results.

I completed my Health Risk Assessment, but I still cannot see my incentive rewards. How long will it take to show?

It can take 24 to 48 hours for the Health Risk Assessment to process. If you do not see your completed Health Risk Assessment in My Rewards after five days, contact an Anthem Member Services associate by calling the toll-free number on the back of your ID card.

Wellness exam

What is a wellness exam and how do I earn incentive rewards for participating?

A wellness exam is an annual physical exam. After you have had your physical exam, your doctor will submit a claim to Anthem. Once Anthem has processed the claim, My Rewards on anthem.com/ca and the Sydney Health app will be updated, and you will see this as a completed activity. To view your colorectal cancer screening incentive, go to My Health Dashboard > My Rewards > Wellness Exam.

Mammogram

What is a mammogram and how do I earn incentive rewards for participating?

You and your spouse/domestic partner will earn incentive rewards for completing a mammogram if you are a woman between age 40 to 74. Once Anthem has processed the claim, My Rewards will be updated, and you will see this as a completed activity.

If you are under age 40 or age 75 or older and your doctor recommends this screening, you can submit a medical waiver form to earn your incentive rewards. The medical waiver form is located on anthem.com/ca or the Sydney Health app under My Rewards within the Mammogram activity. To view your mammogram incentive, go to My Health Dashboard > My Rewards > Mammogram.

Colorectal cancer screening

What is a colorectal cancer screening and how do I earn incentive rewards for participating?

You and your spouse/domestic partner will earn incentive

rewards for this activity if you are age 45 or older and complete a colorectal cancer screening (fecal occult blood test, sigmoidoscopy, or colonoscopy). Once Anthem has processed the claim, My Rewards will be updated, and you will see this as a completed activity.

If you are under age 45 and your doctor recommends this screening, you can submit a medical waiver form to earn your incentive rewards. The medical waiver form is located on anthem.com/ca or the Sydney Health app under *My Rewards* within the *Colorectal Cancer Screening* activity. To view your colorectal cancer screening incentive, go to My Health Dashboard > My Rewards > Colorectal Cancer Screening.

Cholesterol exam

What is a cholesterol exam and how do I earn incentive rewards for participating?

You and/or your spouse/domestic partner will earn incentive rewards for a cholesterol exam if you are a female age 40 or older or a male age 35 or older. Once Anthem has processed the claim, My Rewards will be updated, and you will see this as a completed activity. A cholesterol exam is performed by a blood test to check your levels of HDL cholesterol, LDL cholesterol, and triglycerides. Your doctor requests the lab test as part of your preventive exam or for a nonroutine office visit.

If you are under the age requirement and your physician recommends this screening, you can submit a medical waiver form to earn your incentive rewards. The medical waiver form is located on anthem.com/ca or the Sydney Health app under *My Rewards* within the *Cholesterol Exam* activity. To view your cholesterol incentive reward, go to My Health Dashboard > My Rewards > Cholesterol Test.

Log active minutes

How do I earn incentive rewards for tracking my daily activity?

You and your spouse/domestic partner can earn incentive rewards by tracking your activities. You can link your device or app (such as Fitbit, Garmin Connect, iHealth, Google Fit, Apple HealthKit, or Misfit) to log active minutes in the Sydney Health app. To log active minutes, go to My Health Dashboard > My Rewards > Log Active Minutes.

You earn incentive rewards for tracking your steps activity by logging 10,000 steps at least three times during the benefit period. The benefit period runs every year from October 1 through September 30.

Connecting a device

How do I connect my device or app to track steps/activity, calories, and sleep?

Log in to the Sydney Health app or anthem.com/ca. On the Sydney Health app go to the Menu tab, choose Access Care, then *My Health Dashboard* and select *Manage Devices/Apps*. To connect a device on anthem.com/ca, go to My Health Dashboard > My Rewards > Link Device or App.

Do I have to purchase a device to participate?

No, you can self-report steps. There are no-added-cost apps you can use to track your steps activity that can sync with the Sydney Health app, such as Apple HealthKit.

Action plans

How do I complete an action plan?

Choose the action plan(s) that you would like to participate in. Once completed, you will earn your incentive reward. To access action plans, go to My Health Dashboard > My Rewards > Complete an Action Plan.

Videos/Articles

How do I finish five videos or articles?

Explore topics like nutrition, mindfulness, and fitness tips. Complete at least five articles or videos to earn this reward. To access action plans, go to My Health Dashboard > My Rewards > Finish 5 Videos or Articles.



We're here to help

To find out more about your health plan or how to complete wellness activities, contact CVT Member Services at **800-288-9870** or Anthem Member Services at **800-234-4333**.



1 To be eligible for rewards, you must first complete your adult wellness exam and online Health Assessment.

2 Rewards will be credited within 60 days of the claim being processed. Services are provided in accordance with preventive care guidelines and are dependent upon age, health risks, and other factors.

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