

# ANTHEM MY REWARDS PROGRAM

## How to Live Well and Get Rewarded in 2026...

Anthem My Rewards, through Anthem BCBS, is a component of the American Greetings wellness program where associates and spouses can be rewarded for completing activities like a health survey, annual wellness exam or completing your preventive screenings, etc. You can earn up to \$550 (Associate and Associate + Children) and \$980 (Associate + Spouse and Family). Rewards are deposited into your Health Savings Account (HSA) if enrolled in the Consumer Plan or Enhanced Consumer Plan or your Health Reimbursement Account (HRA) if enrolled in the Traditional Plan. When you log in to Anthem.com or the Sydney Health app, you'll see all the rewardable wellness activities and can track your progress.

**To get started: On the Anthem website, go to My Health Dashboard > My Rewards.**  
**Or, on the Sydney Health app, see Incentives > My Rewards.**

### Wellness Activity in Anthem My Rewards

*Rewards can be completed on the Anthem website or Sydney Health app.*

Dollars earned in your  
HSA or HRA

#### Health Profile

Complete your Health Profile survey by answering questions about your overall health, medical history, diet and exercise.

\$100/associate \$75/spouse

You can complete by doing the activity on the Anthem website or Sydney Health app.

#### Wellness Exam

Receive a reward for completing your annual wellness exam or well woman exam.

\$100/associate \$75/spouse

If you've had a wellness or well woman exam since 1/1/24, login to Anthem and complete the self-attestation\* to earn your reward or by doing the activity and having an Anthem medical claim.

#### Biometric Screening

Receive a reward for getting your biometric screening.

\$100/associate \$75/spouse

If you've had a biometric screening since 1/1/24, login to Anthem and complete the self-attestation\* to earn your reward or by doing the activity and having an Anthem medical claim.

#### Get a preventive cancer screening

**Breast Cancer Screening** (mammogram) annually (age 40+ females)

\$100/associate \$75/spouse

**Cervical Cancer Screening** every 3 years (females 21-65)

**Colorectal Cancer Screening** every 10 years (males/females 45+)

You can complete by doing the activity and having an Anthem medical claim or completing the self-attestation\* on the Anthem website or Sydney Health app.

*Males under 45 not required can self-attest to earn reward.*

#### Eye Exam

Receive a reward for completing your annual eye exam.

\$75/associate \$65/spouse

You can complete by having an eye exam claim process with Anthem Blue View Vision or completing the self-attestation\* on the Anthem website or Sydney Health app.

#### Get both of your 6-month dental checkups

Get both of your 6-month dental checkups

\$75/associate \$65/spouse

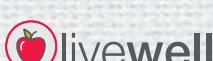
Complete both checkups and and then self-attest\* on the Anthem website or Sydney Health app.

#### Annual Anthem Rewards Maximums:

**Associate Only/Associate + Children = \$550**

**Associate + Spouse/Family = \$980**

*\*Completing a self-attestation means verifying that you completed the activity within the guidelines.*



Download the  
Sydney Health app



Need more information on how  
to complete your rewards?  
Call Anthem @833-952-2042