Welcome to your 2018 BlueHealth Rewards wellness incentive program!

This guide provides you with the details you need to get started with your wellness program, as well as information on how to earn and redeem your rewards.

If you have additional questions or need help with your BlueHealth Rewards program, please call us at: 1-844-269-2583 (844-2MYBLUE) or email us at help@bluehealthrewards.com

BlueHealth Rewards: Program Changes

For 2018, you will notice that some of last year’s activities are no longer listed, but these have been consolidated to streamline the member program experience. Incentives for FitnessBlue activity and FitRec Classes have been removed, and all physical activity can now be reported under Fitness Center Use.

Also, Lunch & Learn Events have been removed and all eligible onsite events will be categorized as Belmont Wellness Events, which award $15 per event for up to 4 events per year!
Belmont University is proud to provide our faculty and staff with a comprehensive wellness program, administered by BlueCross BlueShield of Tennessee (BCBST), on My BlueHealth Rewards to enhance your efforts in reaching your ideal of optimal wellness.

Your 2018 program offers up to $500 in incentives! Redeem your incentives in the online rewards catalog, or choose to save and roll your money to next year.

The Rewards of Healthier Living
Belmont University and BlueCross BlueShield of Tennessee support you and your goal to get healthier. BlueHealth Rewards is the incentive program that’s going to help you do that. Participation is easy and the program rewards you for your efforts.

The idea behind BlueHealth Rewards is simple. Take part in healthy activities and programs that interest you, and earn rewards as a result. Your first step on your journey to wellness is to register on BlueAccess at bcbst.com. This gives you access to the My BlueHealth Rewards portal, where you can find new activities and programs to try and check your progress along the way.

Good health is yours for the taking and BlueHealth Rewards wants to help you succeed!

To find out more about your plan’s incentives and rewards or your terms and conditions, call us at 1-844-269-2583 (844-2MYBLUE) or email us at help@bluehealthrewards.com.

Earning Your Rewards
Everyone approaches their health differently, and Belmont University and BlueCross understand that. That’s why your BlueHealth Rewards program can be tailored specifically to your needs. Whether you’re a lifelong athlete or simply interested in making healthier life choices, you can still earn rewards.

To help you along the way, we’ve provided a comprehensive list of Belmont University’s incentive activities and programs, as well as the rewards you can earn for participating. Get started now – it really is that easy!
# 2018 BlueHealth Rewards: Activities

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Reward</th>
<th>Max Frequency</th>
<th>DESCRIPTION</th>
<th>BlueHealth Portal</th>
<th>Member Wellness Portal</th>
<th>WellOn App</th>
<th>Automatically Awarded</th>
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</thead>
<tbody>
<tr>
<td><strong>PREVENTION</strong></td>
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<tr>
<td>Personal Health Assessment</td>
<td>$100</td>
<td>1/year</td>
<td>Complete your Personal Health Assessment.</td>
<td>Po PC</td>
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<tr>
<td>Annual Wellness Exam</td>
<td>$125</td>
<td>1/year</td>
<td>For BCBS Subscribers Only. Complete a routine physical or gynecological exam.</td>
<td>Po PC</td>
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<tr>
<td>Belmont Fitness Center Assessment</td>
<td>$30</td>
<td>1/year</td>
<td>Contact the Belmont Fitness Center at x8058 to schedule your assessment. Report online after completion.</td>
<td>Po</td>
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<tr>
<td><strong>WELLNESS ENGAGEMENT</strong></td>
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<tr>
<td>Online Wellness Course</td>
<td>$25</td>
<td>3/year</td>
<td>Complete an Online Wellness Course.</td>
<td>Po PC</td>
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<tr>
<td>Online Health Education &amp; Quiz</td>
<td>$10</td>
<td>1/quarter</td>
<td>Complete an Online Health Education &amp; Quiz.</td>
<td>Po</td>
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<tr>
<td>Belmont Wellness Event</td>
<td>$15</td>
<td>4/year</td>
<td>Eligible wellness events will be announced throughout the year. Your attendance will be recorded.</td>
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<tr>
<td>Be a Volunteer</td>
<td>$10</td>
<td>2/year</td>
<td>Participate in a volunteer event and report your activity.</td>
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<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
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<tr>
<td>Sync a Device or App</td>
<td>$10</td>
<td>1/year</td>
<td>Sync a qualified fitness device or app.</td>
<td>Po</td>
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<tr>
<td>Device/App Activity</td>
<td>$20</td>
<td>1/month</td>
<td>After syncing your device, reach 160,000 steps or 600 active minutes each month.</td>
<td>Po</td>
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<tr>
<td>Fitness Center Use</td>
<td>$10</td>
<td>1/month</td>
<td>Attend any fitness center you choose at least 4 times each month and report your attendance.</td>
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<tr>
<td>Race Event</td>
<td>$20-$50</td>
<td>varies</td>
<td>Complete a race event and report your participation. 5K events = $20 (2/year max)  Half Marathon events = $25 (2/year max)  Marathon events = $50 (1/year max).</td>
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<td><strong>CONDITION MANAGEMENT</strong></td>
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<tr>
<td>Chronic Condition Management</td>
<td>$25</td>
<td>4/year</td>
<td>For BCBS Subscribers Only. Enroll in a chronic condition program and complete an interactive session with your dedicated Registered Nurse. You must qualify to enroll.</td>
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<tr>
<td>Case Management Engagement</td>
<td>$25</td>
<td>4/year</td>
<td>For BCBS Subscribers Only. If you qualify for Case Management, a Care Manager will reach out to you. Enroll with the Care Manager, and earn your incentive when you complete an interactive session with your Care Manager.</td>
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<tr>
<td>Healthy Maternity Enrollment</td>
<td>$20</td>
<td>1/year</td>
<td>For BCBS Subscribers Only. Join our maternity care program by choosing the Healthy Maternity tile on your BlueAccess page.</td>
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<tr>
<td>Healthy Maternity Completion</td>
<td>$50</td>
<td>1/year</td>
<td>For BCBS Subscribers Only. Complete your maternity program by staying engaged with your maternity nurse throughout your pregnancy and post-delivery follow-up.</td>
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Accessing Your BlueHealth Rewards: Online

Visit www.BCBST.com.

Click +Log In/ Register to BlueAccess. If this is your first visit to bcbst.com, please register using the Subscriber ID on your BCBST card and create your username and password.

Enter your Username and Password. Click Log In.

Click My Health & Wellness.

Click Member Wellness Portal or My BlueHealth Rewards.

In the Member Wellness Portal, you can:

- Take your Personal Health Assessment
- Sync a fitness device/ app
- Complete an Online Wellness Course

In My BlueHealth Rewards, you can:

- Learn more about your rewards program
- View your completed activities and rewards earnings
- Redeem your incentives in the online rewards catalog
- Complete an Online Health Education & Quiz
- Report your Belmont Fitness Center Assessment, Volunteer Event, Fitness Center Use, and Race Events
BCBST has two distinct mobile apps to help you reach your wellness goals and access your BlueHealth Rewards program.

The **AlwaysOn Wellness app** is your mobile Member Wellness Portal. Complete many of the same activities that you can online, including completing your Personal Health Assessment and syncing your fitness device or app. To register, you will just need to enter your subscriber information and create a username and password. You will set a 4 digit pin for easy app access, and iPhone users can also choose fingerprint Touch ID in the app settings.

The **myBlue TN app** is your mobile BlueAccess. Through this app, you can view the mobile version of your BlueHealth Rewards portal, as well as access many of your subscriber tools like finding a doctor and viewing your claims (if a BCBST medical subscriber). Log In to the myBlue TN app using your BlueAccess username and password. iPhone users can also choose fingerprint Touch ID in the app settings.
Member Wellness Portal: Navigating

The Member Wellness Portal provides access to many online wellness tools, including your Personal Health Assessment, Online Wellness Courses, and fitness device syncing.

To access the Member Wellness Portal:

Enter the Member Wellness Portal using the instructions on “Accessing Your BlueHealth Rewards: Online”.

Upon entering the Member Wellness Portal, you will see a view of your personal Dashboard. This displays your Personal Health Assessment status and your connected devices and apps, as well as scrolling tiles with promoted tools you can use on the portal.

Dashboard view:

To view additional program tools, click on the list icon in the top left corner.
Member Wellness Portal: Personal Health Assessment

Completing your Personal Health Assessment provides you with a custom guide to improve your health! You can earn $100 each year for completing this assessment.

To complete or continue your Personal Health Assessment, click Start on the Health Assessment tile:

If you have completed your Personal Health Assessment, you can view your personal reports by clicking on View Report:
Member Wellness Portal: Online Wellness Course

Online Wellness Courses allow you to explore a variety of health topics at your own pace. You can earn $25 for completing a course …up to 3 courses ($75) per year!

Once you complete the course, you will be able to view your Certificate of Completion by clicking on Certificates under the list icon.

To access an Online Wellness Course:

Enter the Member Wellness Portal using the instructions on “Accessing Your BlueHealth Rewards: Online”.

Click the list icon.

Click Courses.

Click on the course you would like to take.

Click on Lesson 1 and then click Start Lesson.
You can sync your own fitness device or app to in the Member Wellness Portal and earn $20 when you reach 160,000 steps or 600 minutes of exercise each month.

To sync your device in the Member Wellness Portal:

Enter the Member Wellness Portal using the instructions on “Accessing Your BlueHealth Rewards: Online”.

Click Add/ Remove under Connected Devices and Apps.

Scroll down to view the compatible Fitness devices/app. Click the side arrows (<) to see more devices/apps. Click Connect on the brand of device or app that you are syncing.

You will be directed to your fitness device/app website to login to your account. If you have not yet registered with your fitness device site, you will need to do so. This step allows the Member Wellness Portal to access your fitness data.

Once you are connected, you will see your device/app as “Connected” (like the Moves App above).
BlueHealth Rewards Portal: Navigating

The BlueHealth Rewards portal provides you with details about your program, as well as the opportunity to complete a Health Education & Quiz, report your participation in certain activities, and redeem your rewards through the online Rewards Catalog.

To access the BlueHealth Rewards Portal:

Enter the BlueHealth Rewards Portal using the instructions on “Accessing Your BlueHealth Rewards: Online”.

Dashboard view shows My Activities and your points balance:

To view additional actions, hover over the blue bar on the left:
BlueHealth Rewards Portal: Online Health Education & Quiz

Under the Wellness Engagement tab, you can complete an Online Health Education & Quiz each quarter for a $10 reward. A new Health Education & Quiz will automatically appear each quarter.

To access the Health Education, click Full Details under Health Education and Quiz on the Wellness Engagement tab.

Then click on the available topic for the current quarter. A new tab will open with the Health Education content.

Click Take the Quiz to complete a short quiz on the topic you have learned.
Volunteering is a great way to give back to your community and to enrich your own well-being! You can report up to 2 volunteer activities a year for a reward of $10 each.

To report your volunteer activity, click on Report Here next to Be a Volunteer on the Wellness Engagement tab.

Provide the requested details and click Submit.
BlueHealth Rewards Portal: Belmont Fitness Center Assessment

Complete an assessment at the Belmont Fitness Center each year for a $30 reward. To schedule your assessment, call the Belmont Fitness Center at x8058.

To report your assessment, click on Report Here next to Belmont Fitness Center Assessment on the Physical Activity tab.

Provide the requested details and click Submit.
BlueHealth Rewards Portal: Fitness Center Use

Attend any fitness center you choose at least 4 times each month for a $10 reward.

To report your attendance, click on Report Here next to Fitness Center Use on the Physical Activity tab.

Click on the date that you attended your fitness center and click Submit. Once you have tracked 4 days of attendance within a calendar month, you will be rewarded. Dates that appear in **RED** have already been tracked.
BlueHealth Rewards Portal: Race Events

Complete an organized race event and be rewarded for your participation!
5K events are rewarded with $20 (2/year max)
Half Marathon events are rewarded with $25 (2/year max)
Marathon events are rewarded with $50 (1/year max)

To report your race participation, click on Report Here next to the type of race that you completed on the Physical Activity tab.

Provide the requested details and click Submit.
BlueHealth Rewards Portal: Redeem your Rewards

The rewards that you earn through your wellness activities can be redeemed in the Rewards Catalog within the BlueHealth Rewards portal.

To access the Rewards Catalog, click on the shopping cart icon named Rewards.

Click Redeem.

Purchase items with your well-earned rewards!