



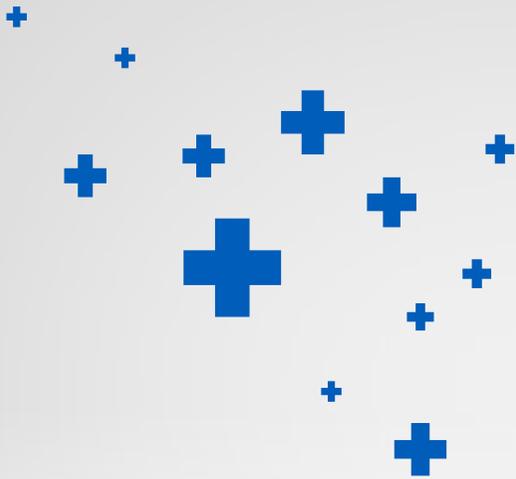
## BlueHealth Rewards YOUR MEMBER GUIDE



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Your Journey to Wellness  
Starts Here

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Integrate  
**wellness**  
into  
**your life**

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Blue**Health**  
R E W A R D S <sup>SM</sup>



## 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<sup>SM</sup> at [bcbst.com](http://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.



## **BUILD A PROGRAM THAT SUITS YOUR LIFESTYLE**

BlueHealth Rewards is unique in that it lets you create a wellness program tailored specifically to your needs. This is important to your success because you're more likely to stick with it and, ultimately, meet your health goals if you select topics and participate in events that interest you.

There are a wide range of activities and programs available and they all add up to rewards for you. Get started by completing your Personal Health Assessment and follow that up with an annual preventive exam, and you're on your way to earning rewards. If you want to learn more about earning rewards like **earning up to \$500**, check out Belmont University's program on page 4.

Participating in BlueHealth Rewards is an easy way to commit to living a healthier life. The bonus is that not only do you get to take advantage of tangible rewards, you will also enjoy the benefits that accompany overall good health.

# Take the First Step to Wellness

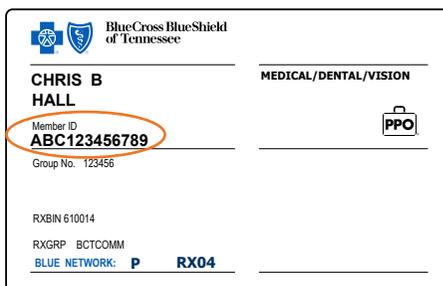
Now that you're on the path to a healthier life, it's time to explore your options on the My BlueHealth Rewards portal. Some of the online resources available include suggestions for how to earn incentives and ways to redeem rewards. You can also find information on how to request an alternate activity if you have a medical condition that prevents you from completing the activities in your program.

To access the portal, use your subscriber ID to register or log in to BlueAccess at **bcbst.com**. Your subscriber ID is located on your BlueCross BlueShield of Tennessee ID card\*.

Then, simply follow these steps:

- Log on to BlueAccess from **bcbst.com**.
- Select the “My Health and Wellness” tab.
- Click on the “My BlueHealth Rewards Portal” option.

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](mailto:help@bluehealthrewards.com).



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Engage with BlueHealth Rewards by logging into BlueAccess at **bcbst.com**

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\* If you do not have medical coverage with BlueCross BlueShield of Tennessee, you'll receive an ID card that's specifically for use with the BlueHealth Rewards program and services only.

# 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 this 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!

**Earn up to \$500 a year.** The money you earn can be used in the online merchant catalog, or you can choose to save it and roll over to the next program year. For complete details of program activities and to view the merchant catalog, go to My BlueHealth Rewards by logging in to **bcbst.com** (refer to page 3).

PREVENTION	
Personal Health Assessment (PHA)	\$100
Annual Preventive Exam	\$125
Belmont Fitness Center Assessment	\$30
HEALTHY LIVING	
Complete a Self-Directed Health Course	\$25 - up to 3 per year
Online Health Education & Quiz	\$10 - one per quarter
Lunch & Learn / Sack lunch Series	\$10 - up to 2 per year
Belmont Wellness Event	\$15 - up to 2 per year
Volunteer in Your Community	\$10 - up to 2 per year
InSpire Challenge Participation	\$5 - up to 2 challenges per year

## GET ACTIVE!



Adults need 2 ½ hours of physical activity a week. You need:

- Aerobic activities (meaning you get your heart rate up)
- Muscle strengthening activities like lifting weights or stretching

Ten minutes of activity at a time will work. You can do it!

Source: Centers for Disease Control & Prevention - [cdc.gov/physicalactivity/everyone/guidelines/adults.html](https://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

## PHYSICAL ACTIVITY

Sync a Device or App	\$10
Device/App Activity	\$20 per month
Enroll in FitnessBlue	\$30
FitnessBlue Participation	\$10 per month
Use the Belmont Fitness Center	\$10 per month
FitRec Group Classes	\$10 per month
Complete a 5K	\$20 - up to 2 per year
Complete a Half Marathon	\$25 - up to 2 per year
Complete a Full Marathon	\$50

## CONDITION MANAGEMENT

Chronic Condition Engagement	\$25 - up to 4 sessions per year
Case Management Engagement	\$25 - up to 4 sessions per year

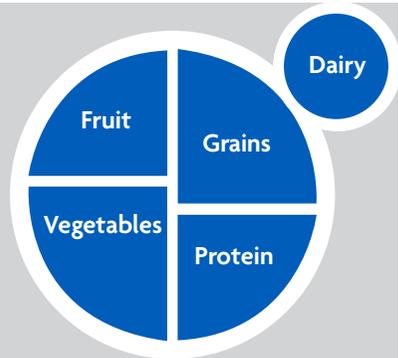
## EAT HEALTHY

Need help planning healthy meals?

Visit **ChooseMyPlate.gov**.

Eating well can be easy, fast and fun.

Source: ChooseMyPlate.gov - choosemyplate.gov



## TALK IT OUT

Cope with stress or troubling events by talking to trusted relatives, friends or health care professionals.

Just sharing your feelings can make you feel better.

Caring people may also have ideas to help you solve your problems.

Source: Centers for Disease Control and Prevention - [cdc.gov/violenceprevention/pub/coping\\_with\\_stress\\_tips.html](http://cdc.gov/violenceprevention/pub/coping_with_stress_tips.html)



## ABOUT TAKING ANTIBIOTICS

Antibiotics don't help with a lot of common illnesses caused by viruses (like colds or flu). If you take them too often, they may not work well when you need them.

Talk to your doctor about what medicines really help when you're sick.

Source: Centers for Disease Control and Prevention - <http://www.cdc.gov/getsmart/campaign-materials/print-materials/factsheet-answer.html>





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For TDD/TTY help call 1-800-848-0299.

Spanish: Para obtener asistencia en Español, llame al 1-800-565-9140

Tagalog: Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-565-9140

Chinese: 如果需要中文的帮助, 请拨打这个号码 1-800-565-9140

Navajo: Dinek'ehgo shika at'ohwol ninisingo, kwijijigo holne' 1-800-565-9140