

BlueHealth Rewards: 2018

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 wellness program offers up to **\$500 in incentives!** Redeem your incentives in the online merchant catalog, or choose to save and roll your money to next year.

To get started with your wellness program for 2018, visit bcbst.com and login to your BlueAccess account. Click on **My Health and Wellness**, and then click **My BlueHealth Rewards**.

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!

2018 ACTIVITIES	Reward	Max Frequency
PREVENTION		
Personal Health Assessment	\$100	1/year
Annual Wellness Exam	\$125	1/year
Belmont Fitness Center Assessment	\$30	1/year
WELLNESS ENGAGEMENT		
Online Wellness Course	\$25	3/year
Online Health Education & Quiz	\$10	1/quarter
Belmont Wellness Event	\$15	4/year
Be a Volunteer	\$10	2/year
PHYSICAL ACTIVITY		
Sync a Device or App	\$10	1/year
Device/App Activity	\$20	1/month
Fitness Center Use	\$10	1/month
Race Event	\$20-\$50	varies
CONDITION MANAGEMENT		
Chronic Condition Management Engagement	\$25	4/year
Case Management Engagement	\$25	4/year
Healthy Maternity Enrollment	\$20	1/year
Healthy Maternity Completion	\$50	1/year

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