Get rewarded

for making healthy choices



Your well-being is important. If you're enrolled in a Pottstown School District medical plan, the Achieve Well-being Rewards program offers resources to help you maintain and improve your health and well-being.

Start earning today!

Earn rewards for your healthy habits and redeem them for gift cards.

1. Get started.

Start your journey to Achieve Well-being by logging in at **ibx.com** and completing your confidential Well-being Profile. To begin, select the *Health & Well-Being* tab, then click *Complete Your Well-being Profile* or *Achieve Well-being*.

You can earn credits for your healthy habits that can be redeemed for a **\$75 gift card**!

See what you are doing well and where you can make changes by answering questions about:

- Nutrition
- Cardiovascular health
- General health habits
- Check-ups
- Stress and well-being
- Goals for better health

Once completed, you'll get a personalized report with detailed suggestions on how you can improve your health.

Indep	pendence	\$			ASK IBX 🤇 👖	Welcome, Thomas!
Home	Benefits	Claims & Spending	My Care	Health & Well-Being		
Co you Pe Ea	Rewards Corgraduations, you have reached your goal! Earned S0 Earned S0 View Rewards My Benefits Member ID: 1289268120010			Achieve Well-being Discounts & Reimbursements Health Coaching Healthy Living Value Added Services	Earn Rewards Access Challenges Request a reimbursement for my fitness center membership Email a Health Coach Complete my Well-being Profile View Wellness Tools Access my Health Trackers	Lates for Ug
	Keystone HMO Silver Proactive Keystone HMO Silver Proactive Vision Keystone HMO Silver Proactive Pediatric Dental Keystone HMO Silver Proactive			ed to speak to a ctor now?	Skip the wait for non-eme Chat by phone or video 2 doctor.	View all claims) regency conditions! 4/7 with a board-certified Access Telemedicine

Independence 🗗



2. Get healthy and earn rewards.

Take healthy actions at your own pace, and watch your rewards grow. Choose programs to create a personalized action plan that focuses on your health goals.

You can earn rewards by completing the following activities:

- Log in at ibx.com and opt in to IBX Wire[®]
- Complete your Well-being Profile
- Visit your PCP for your annual check-up
- · Complete one Achieve Well-being web-based program

Log on at **ibx.com** to start earning rewards today!

Ac	hieve Well-being							
1 Level	61 out of 75 tokens	How to earn	👷 😥	Dollars earned				
	Action Plan	Rewards	Health Trac	rackers Well-being Profile				
	Earn up to	Earn up to Valid activity effective dates: .	Earn up to Valid activity effective dates: .					
	Badges	Earn 5 towards gift cards! In order to earn you start with your Well-Being Profile! All activities can complete all required activities you will be eligible	nquired activities. To begin, year program year: Once you aft cardal					
	Rewards FAQs							
		Redeemed						

3. Get rewards.

The ultimate benefit of smart living is improved health. But getting rewarded along the way is nice, too!

Complete the four activities listed and earn \$75 in gift cards. You can choose from a variety of gift cards, including Amazon, Best Buy, Dunkin', and many others. Rewards can be redeemed once per plan year (July 1, 2024 – June 30, 2025).* But don't stop after you've earned your rewards! With Achieve Well-being, you can continue to engage in personal challenges, sync health and fitness apps, read helpful articles, track your steps, and much more!

Talk to your benefits administrator for more information about your rewards program.

Achieve Well-being		
Actineve weinbeing	How to earn Rewards Health Trackers	Credits earned Well-being Profile
Earn up to	Earn up to	Redeem Wellness Rewards
Badges	Valid activity effective dates: Web the Webness Rewards program, you are rewarded when you take steps to improve and maintain your good heam. See the list of activities to see what healthy steps you can take.	
Tokens	All credits need to be redeemed by the program year's end date . After that, your credits will be forfielted.	
Rewards FAQs		Congratulations on taking care of your health, You have earned to spend towards any dift cards(s) you'd like. Enter or change your email addess below to claim your reward.
		Email address:
	Earned Available	Confirm Email address:
	Redeem Now	Cancel Educat

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence



*IRS rules require that the gift card(s) be reported as income.