

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.

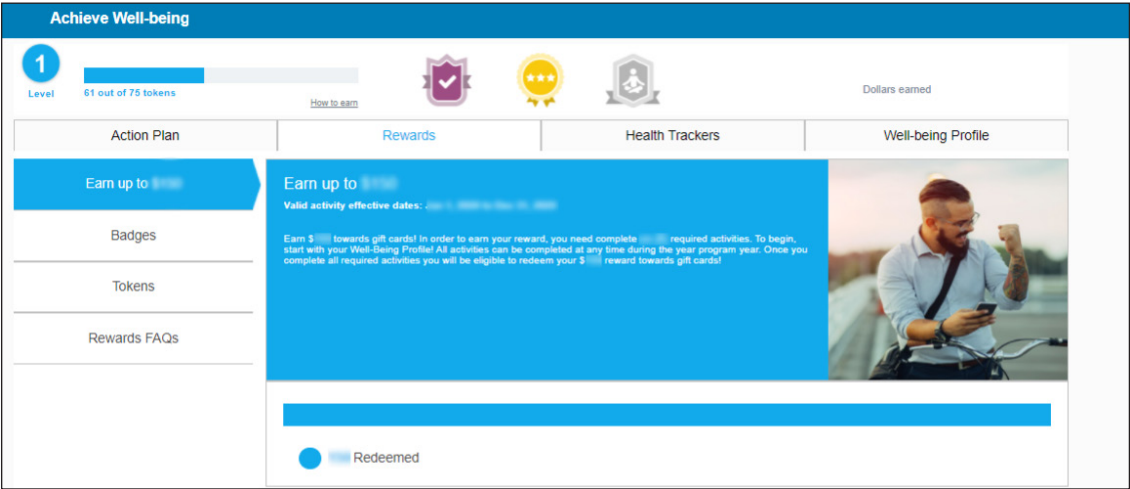
2. Get healthy and earn rewards.

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!



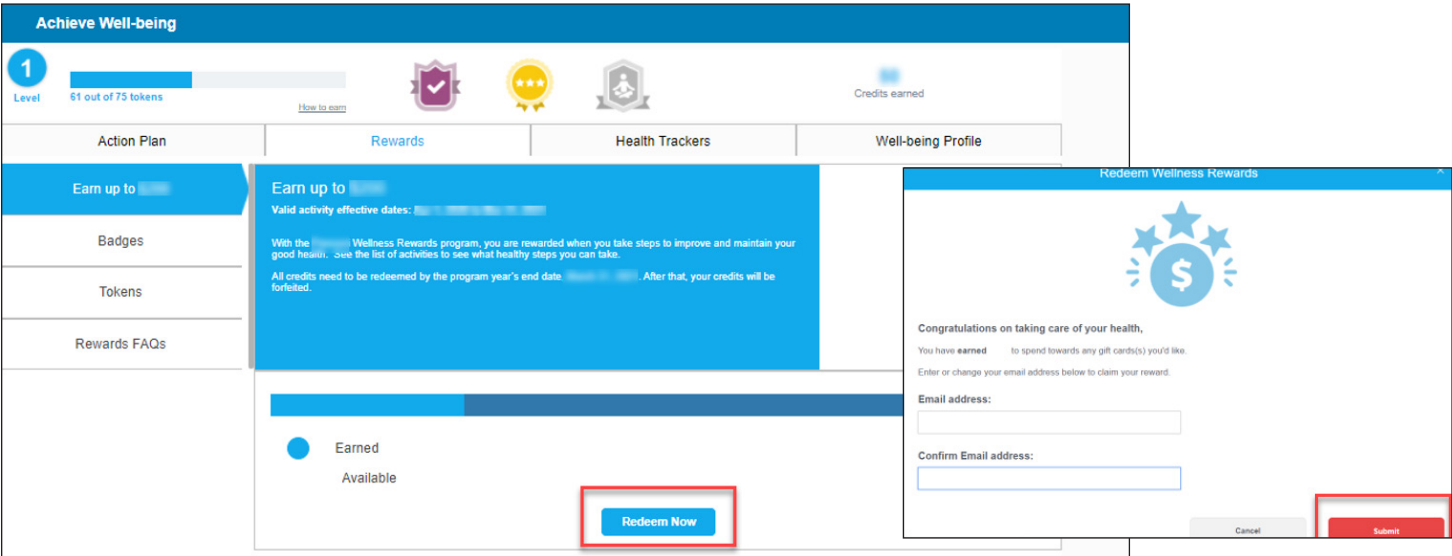
3. Get rewards.

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.



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.

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