The **Total** Wellness rewards program ends June 30, 2019

- Activities must be updated no later than June 30\textsuperscript{th}
- Rewards must be earned no later than June 30\textsuperscript{th}
- Rewards must be redeemed no later than June 30\textsuperscript{th}

To be eligible for the $25 monthly premium discount from July, 2019 through August, 2020 you must have completed the following (3) activities and earned a minimum of 200 credits during the plan year:

1. Attended an on-site biometric screening or received this information from your physician’s office.
2. Completed your on-line Well-being Profile
3. Completed an Achieve Well-being program

To update your activities login to the Blue Cross member portal at [www.ibxpress.com](http://www.ibxpress.com), click on the Health & Well-Being tab then select earn rewards and self-report rewardable activities you completed throughout the plan year.

**New - Redeeming Rewards:** All rewards must be earned and redeemed no later than June 30, 2019. Rewards are selected directly from the Blue Cross member portal. Select the Health & Well-Being tab then Earn Rewards/Redeem Now. Reward card options will be redeemed by an electronic gift card (eGift Card) option.