



## DESIGNED WITH RESULTS IN MIND

To support your commitment to a healthier lifestyle, WellAdvantage and BlueHealth Rewards have partnered to enhance your wellness rewards. You can now earn points when you participate in health and wellness activities. The more you take part in healthy activities and events, the more points you can earn.

### Earn points for these activities:

- Complete your Health Review and HRA
- Complete an Annual Physical
- Get Moving with the Fitbit
- Exercise Each Week
- Meet with the Dietitian
- Become Tobacco Free
- And Much More!

### To log your exercise:

- Click the **Report Here** button in the **Exercise Each Week** Promotion in your account.
- Report your fitness activity up to three times per week to earn points.

To find out more information about your plan's incentives call **1-844-269-2583 (844-2MYBLUE)** or log in to BlueAccess on **bcbst.com**.



### Step 1

#### Activate your account

Use your subscriber ID to register or log in to BlueAccess<sup>SM</sup> at **bcbst.com**. Your subscriber ID is located on your BlueCross BlueShield of Tennessee ID card. Follow these steps to access the portal:

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



### Step 2

#### Participate in healthy activities

Participate in activities and events such as having your annual physical, exercising, and much more.



### Step 3

#### Earn points

Get rewarded for your healthy choices. The more activities you participate in, the more points you can earn.



### Step 4

#### Redeem for what you want

Use your points for your choice of millions of items including electronics, movies, tools, hotel stays, Visa gift cards, retail gift cards and much more!