

Anthem CEBCO Health & Wellness

When: Current Wellness Program is **July 1, 2026 - June 30, 2027**

Why: To qualify for lower deductible insurance plan (2D) **January 1 -- December 31, 2028**

How:

- Create an account on Anthem.com or Anthem's Sydney mobile app.
  Note: *Employee and participating spouse are required to create a separate account.*
- Complete the 3 required Anthem activities below:



#1 **Health Profile** ($25 credit)

#2 **Wellness Exam or Well Woman Exam** ($50 credit)
Note: *This is a preventive care visit, 100% covered, no co-pay*

#3 Select any other Anthem activity that equals ($25 credit)
Rewards activities attached

You and your participating spouse can earn up to $200 each by participating in additional activities.

2D Plan	5D Plan
Lower deductible and co-pays REQUIREMENTS: To qualify for the 2D Plan in the next calendar year, both employee and participating spouse must: • Participate in the County Wellness Program • Complete all required wellness activities	**Higher deductible and co-pays** Same coverage as 2D plan If you or your participating spouse do not participate in the County Wellness Program, or fail to complete all required activities, you will receive the 5D Plan the next calendar year

LiveHealth® ONLINE



Choose your doctor and see them every time... online

You can see the same primary care doctor on an ongoing basis through scheduled video visits on your computer or mobile device. Get regular personal health visits and checkups with **LiveHealth Online Virtual Primary Care.** It's like an office visit with a primary care provider (PCP) — without the office. Choose from board-certified, in-network PCPs, and have the same doctor taking care of you over time for treatment including: chronic conditions, preventative care, referrals, acute care.

With LiveHealth Online Virtual Primary Care you can get:

- Care for diabetes, the flu and other health issues.
- Referrals for X-rays, blood work, and specialists.
- Prescriptions sent to your local pharmacy.
- Appointments 8 a.m. – 8 p.m. (Mon – Fri).

We've got you covered. Simplify your life with LiveHealth Online Virtual Primary Care.

Virtual primary care visits are available through the Sydney℠ Health and LiveHealth Online apps, or Anthem.com and LiveHealthOnline.com

Most conditions can be cared for virtually, but there are circumstances that require in-person care. If you need in-person care, or to connect with a specialty doctor, we can help you access the care you need.
Prescription availability is defined by physician judgment and state regulations.
LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

CEBCO Rewards 200

Focus on wellness and earn rewards up to $200



Complete activities to earn rewards

The CEBCO Rewards 200 program connects you with digital health and wellness tools that can help you live healthier. Complete any of the activities listed below between July 1, 2026, and June 30, 2027, and you'll earn up to $200 in rewards to apply to electronic gift cards. This program, sponsored by your employer, is open to you and your covered spouse or partner.

Activity type	Activities	Amount
Preventive care Complete your annual screenings or wellness visits. Rewards are added to your account after your claim is processed (may take up to 60 days).	Have an annual preventive wellness exam or well-woman exam with your doctor.	**$50**
	Get an annual cholesterol test (men over 35 and women over 40).[1,2]	**$25**
	Have a colorectal cancer screening (ages 45 and older).	**$25**
	Have a routine mammogram (women ages 40 to 74).	**$25**
	Have an prostate cancer screening (men ages 55 to 69).	**$25**

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Activity type	Activities	Amount
Condition management Rewards are added to your account as you meet benchmarks or complete a program.	Work one-on-one with your ConditionCare health coach and earn rewards for participating in and completing the program.[3]	**$25**
	Receive two annual A1c tests (for members diagnosed with diabetes).[1]	**$25**

Activity type	Activities	Amount
Digital and wellness activities Rewards are added to your account as you complete activities on the Sydney® Health app or online at anthem.com.	Log in to the **Sydney Health** app.	**$25**
	Complete a health assessment and receive tailored health recommendations.	**$25**
	Track your steps.	**Up to $50 ($2 per 50,000 steps tracked)**
	Complete team challenges throughout the year (four challenges are offered).	**Up to $100 ($25 per challenge)**

Earn and redeem your rewards

1. To view your rewards, log in to **Sydney Health**, or go to **anthem.com**.
2. Next, go to **Access Care** and select **My Health Dashboard**.
3. You can select **My Rewards** to see a snapshot of your reward status, as well as ways to earn more rewards.
4. You also can select **Redeem Rewards** to see how much you have earned.[4]

Use your rewards toward electronic gift cards for popular retailers, such as Amazon, Apple®, all Gap brands, Target, The Home Depot®, T.J. Maxx®, Uber, and Uber Eats. Minimum gift card amounts are set by each individual retailer.

You must redeem your rewards by September 30, 2027.

Scan this QR code to view your rewards on the Sydney Health app.[4]

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1 All preventive care activities and diagnostic A1c lab tests should be processed through Anthem Blue Cross and Blue Shield claims in order to trigger the respective reward.

2 Annual cholesterol test eligibility: men 35 years and older and women 40 years and older with a full cholesterol (lipid) panel.

3 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for completion of one of five ConditionCare programs: chronic obstructive pulmonary disease, coronary artery disease, asthma, diabetes, and congestive heart failure. Reward is $25 for program completion.

4 Rewards must be redeemed by September 30, 2027. Minimum gift card amounts are set by each individual retailer.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of your plan year.

All preventive care activities are claims based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse or domestic partner. Members must be active on the plan, and their activity must take place during the plan year. A subscriber and spouse or domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to anthem.com or open the Sydney Health app to see the electronic gift card options available to you.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.