



# FEDFACTS

## Federal Employee Program News

### Take advantage of wellness incentives in 2021

Most likely, you and your employees are happy to say goodbye to 2020 for a number of reasons. Here's another reason: We're offering several cash and non-monetary incentives to help your employees get healthy in 2021.

Blue Cross and Blue Shield Service Benefit Plan Standard and Basic Option members who take the Blue Health Assessment will receive \$50 on their MyBlue® Wellness Card.\* The assessment takes just 10 minutes and, when completed, members will receive personalized action plans to be healthy.

Standard and Basic Option members can earn another \$120 by completing up to three [Online Health Coach](#) goals.\* Your employees receive \$40 for each goal they complete.

Goals include:

- Exercise more
- Feeling happier
- Stress reduction
- Weight loss
- Eating better

Incentives\* can also be earned when you complete goals related to managing the following conditions:

- Asthma
- Heart disease
- Heart failure
- Hypertension
- Chronic Obstructive Pulmonary Disease (COPD)

Other incentive programs assist members in managing a chronic condition. For instance, Standard and Basic Option members\* with diabetes who participate in the Diabetes Management Incentive Program may be eligible to earn up to \$100 on their MyBlue Wellness card. They can earn \$25 for having their A1c tested and then an additional \$75 for lowering their A1c by 8% during a certain time period.



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We also offer a pregnancy care incentive. Expectant moms with Standard Option and Basic Option can earn \$75 on their cards when they visit their primary care doctor during the first trimester of pregnancy.\*

**Note:** The funds on the MyBlue Wellness Card can be used for qualified medical expenses and members must meet eligibility criteria to earn rewards.

### Other rewards

Non-monetary rewards include:

- Organic and healthy meal kits, Fitbit device and more when FEP Blue Focus members get their annual checkup
- Blood pressure monitor for members who participate in the Hypertension Management Program
- Tobacco cessation products for tobacco users creating a Quit Plan
- Pregnancy Care Box\*

To get details and learn more about these wellness rewards and programs, visit [www.fepblue.org](http://www.fepblue.org).

\*Members must be 18 or older on a Standard Option or Basic Option plan to earn this reward.



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Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.