

# Earn your incentive by completing any of the wellness activities listed on the back.

If you can't complete a wellness activity, you may be able to earn your reward in a different way. Contact us at [wellness@memphistn.gov](mailto:wellness@memphistn.gov) or **901-636-6592**, and we'll work with you to find a rewarding activity that's right for you.



BlueCross BlueShield of Tennessee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

For TDD/TTY help call 1-800-848-0298.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-565-9140 (TTY: 1-800-848-0298).

اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-565-9140 (رقم هاتف الصم والبكم: 1-800-848-0298).  
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電  
1-800-565-9140 (TTY:1-800-848-0298)。

WELLNESS ACTIVITY	REWARD	
	SELECT	CHOICE
<b>1. Personal Health Assessment (PHA)</b> (Log in to BlueAccess <sup>SM</sup> . Choose <b>Managing Your Health</b> , then <b>Member Wellness Center</b> .)	<b>\$250</b> Employee <b>\$125</b> Spouse	<b>\$50</b> Employee <b>\$25</b> Spouse
<b>2. Biometric Screening</b> (Get your screening at a city event or at your doctor's office using the online physician form.)	<b>\$250</b> Employee <b>\$125</b> Spouse	<b>\$50</b> Employee <b>\$25</b> Spouse
<b>3. Annual Wellness or Well-Woman Exam</b>	<b>\$250</b> Employee <b>\$125</b> Spouse	<b>\$50</b> Employee <b>\$25</b> Spouse
<b>4. Your Choice – Pick ONE of the following activities to complete:</b> <b>Lifestyle Health Coaching</b> (Four sessions via phone or text.) Contact a coach at 1-866-498-9806.	<b>\$250</b> Employee <b>\$125</b> Spouse	<b>\$50</b> Employee <b>\$25</b> Spouse
<b>Care Management</b> (One or more sessions via phone with a care manager.) For more information, call 1-800-818-8581.		
<b>Walk 1 million steps</b> (Sync your device or app with the Member Wellness Center to help you take about 4,000 steps a day.)		
<b>TOTAL POSSIBLE</b>	<b>\$1,000</b> <b>Employee</b> <hr/> <b>\$500</b> <b>Spouse</b>	<b>\$200</b> <b>Employee</b> <hr/> <b>\$100</b> <b>Spouse</b>
<b>HOUSEHOLD TOTAL</b>	<b>\$1,500</b>	<b>\$300</b>