

## The NEW HealthyRewards

HealthyRewards can help you make simple changes to your daily routine to improve or maintain your health by:

- Completing a health survey
- Receiving recommendations and setting goals
- Tracking healthy activities

Earn up to \$500 per year for tracking your healthy activities. Your spouse/domestic partner on your health plan can earn up to \$500 as well, for a family total of \$1,000.

### What's new?

- An engaging new platform with missions, challenges, and online communities
- Available via smartphone and tablet in addition to computer
- Integrates with tracking devices (Fitbit, Jawbone, etc.)
- Earn credits (1 credit = \$1) and virtual coins
  - Credits are redeemed in gift cards from a wide variety of retailers
  - Virtual coins are collected along the way. While you improve your health, you can improve the health of the community by selecting a charity for Rally to donate them to
- In order to earn the full \$500, you will need to start the program in January

### Getting Started

#### 1. Create an account with Excellus BCBS (or log-in if you already have one).

Go to [www.ExcellusBCBS.com/HealthyRewards](http://www.ExcellusBCBS.com/HealthyRewards) to log-in or register for an account. You will need your Excellus member card to register for an account.



Search

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**Please Log In**

Please log in to access the private, secure features that are available to you.

Username:  Password:

[Forgot your Username?](#) [Forgot your Password?](#)

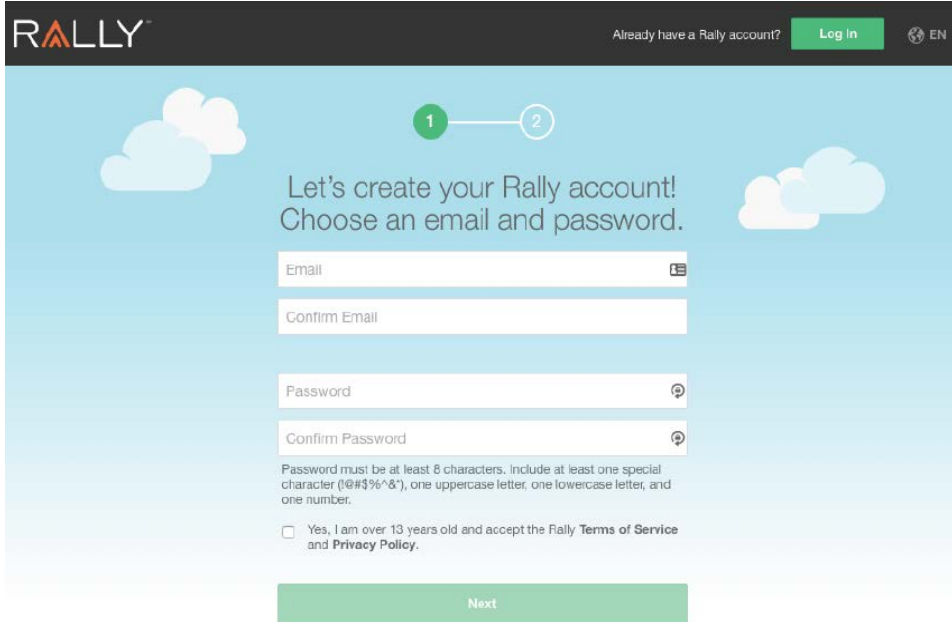
**Not Yet Registered?**

Register now! Begin by telling us who you are:

I am a...

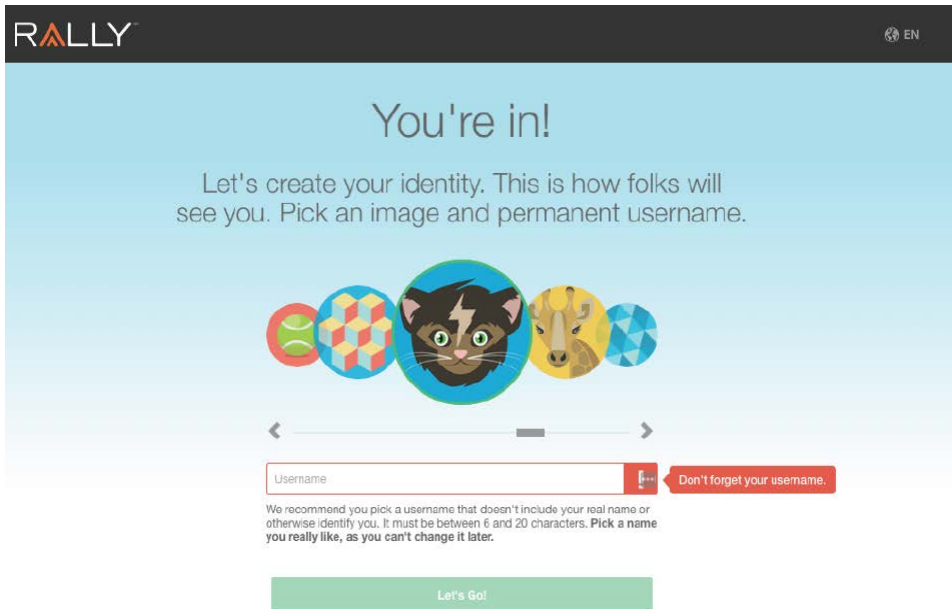
After logging in or registering, click "Earn HealthyRewards"

## 2. Create a Rally account to access HealthyRewards



## 3. Choose an avatar and username

You can change your avatar later but you will not be able to change your username, so make sure you love it! We recommend you do not use your real name.



**4. Complete the health survey and get your Rally Age**

The health survey takes about 10 minutes to complete. You will be asked questions about your lifestyle, habits, and most recent blood pressure, glucose, and cholesterol numbers. For most accurate results, it's best if you have that information when you complete the survey. If you don't have it, you can still complete the survey. You can also do the survey again at a later date to add that information when it becomes available.

Your Rally Age is calculated based on your answers to the health survey. Your Rally Age gives you an idea of your current overall health. In general, you want to keep your Rally Age as close as possible to your actual age, or even lower than your real age.

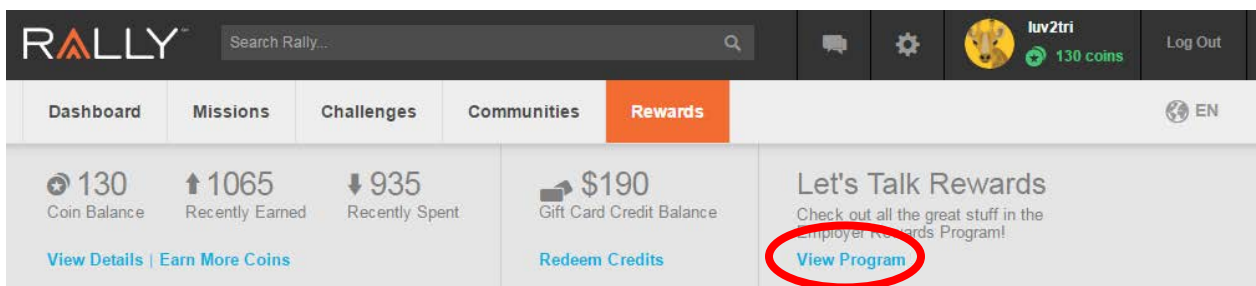
You can re-take the health survey at any point during the year to measure your progress and see if your Rally Age improves.

**5. Review your recommendations and join Missions, Challenges and Online Communities**

Based on your health survey, Rally will make specific recommendations. You can join the missions they recommend or any others that appeal to you.

**6. Let's Talk Rewards**

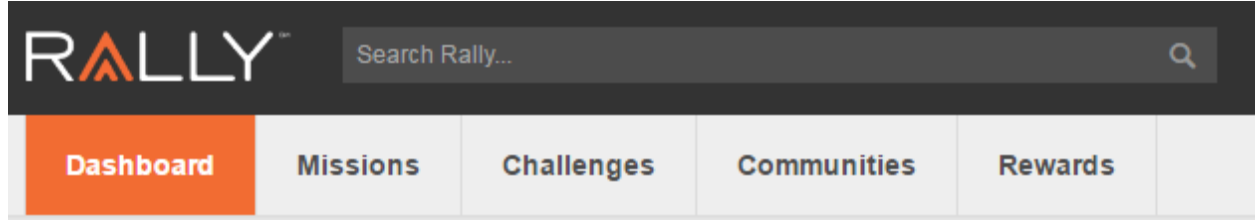
Under the Rewards menu, select "View Program" under "Let's Talk Rewards" (circled in red below). This is where you will find what you need to do to earn credits for being tobacco-free, managing your chronic condition, completing your preventive health screenings, and doing your advance care planning.



**To earn credits:**

1. Complete your health survey (\$50)
2. Complete three missions (\$145)
3. Complete 12 monthly challenges (\$15 each, \$180 total)
4. Attest to being tobacco-free or to signing up with a Quit Coach (\$40)
5. Verify you have completed the recommended preventive health screenings for your age and sex (\$25)
6. Manage your chronic condition or learn about recommended health goals for adults (\$40)
7. Verify you have completed advance care planning (\$20)

**Max rewards per calendar year = \$500**



**Components of the Rally HealthyRewards Program:**

**Dashboard** – displays your Rally Age, rewards earned and any missions, challenges, or online communities you are participating in

**Missions** – shows all the missions you have joined; also shows all the missions available. You can join multiple missions at the same time. Missions are 4 weeks long and require checking in several times a week for 4 weeks. Complete 3 to earn \$145. You can complete them all at the same time or separately.

**Challenges** – lists all the challenges with start dates, length and descriptions. Challenges are step-based (i.e. walking or running) and last for 3, 5, 7, or 14 days. They require that you reach a milestone (2.5 miles per day) to earn the rewards. You can earn \$15 per month for a total of \$180 for the year.

**Communities** – displays any communities you have joined; also shows all communities that are available. Communities are online discussions.

**Rewards** – indicates how many coins and credits your have earned. Coins can be donated to a charity; Credits can be redeemed for gift cards.

**Customer Service numbers:**

Excellus Customer Service: use the phone number on the back of your member card

Excellus Web Help Desk (for account access issues): 1-800-278-1247

Rally Customer Service: 1-877-726-1002