

Healthy Lifestyles Rewards Plus Weight Management Program

Healthy habits take time, commitment, and support. To reward your efforts, you can earn $150 for participating in an approved weight management program.

Through the newly enhanced **Healthy Lifestyles Rewards Plus Weight Management Program**, Independence Blue Cross (IBX) members who are 18 and older can earn $150 on a reloadable Visa® card each year. It's one more way IBX makes taking care of your health a little more rewarding.

Approved weight management programs include Weight Watchers®, Weight Watchers® Online, Noom, and approved programs offered at an in-network hospital.

Where should I start?

To get the most out of your Healthy Lifestyles Rewards Plus program, you should complete the online Health Risk Assessment. The Health Risk Assessment helps us learn more about your health care needs. Your answers can help us connect you with covered benefits, care reminders, or support from a Registered Nurse Health Coach, if needed.

To complete your assessment, log in to your member account at **ibx.com** or on the IBX app and navigate to the Healthy Lifestyles Rewards page.

After you enroll in and finish an approved weight management program, submit documentation of your participation and payment electronically through the Rewards platform within the calendar year.

How do I submit documentation?

Here's what you'll need to submit, depending on the program you choose:

- **Weight Watchers (in person):** Submit proof of payment and copies of your tracking booklets.
- **Weight Watchers Online or Noom:** Submit screenshots to show proof of payment and participation logs.
- **Hospital-based program:** Submit proof of payment and participation.

What should I know about earning rewards?

You'll receive a reloadable Visa card, usually within 7 – 10 business days after submission, that can be activated online or by phone. Keep the same Visa card for future rewards you earn. Your Visa card can be used at more than 77,000 participating retailers. You can find a complete list of participating retailers on your Rewards platform.

Log in at **ibx.com** or use the **IBX app** to access your Rewards platform, check your virtual wallet, and track what you've earned and spent.

Questions?

Call the Customer Service number on the back of your member ID card.

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Selecting an approved weight management program

You can choose Weight Watchers or an approved program at an in-network hospital for in-person options. Or, opt for a digital-based program like Weight Watchers Online or Noom.

You may join more than one program per year. However, the maximum rewards you can earn is $150, issued once per calendar year.

Weight Watchers and Weight Watchers Online

Weight Watchers combines in-person group sessions, education, and tools to help you make the nutrition and exercise decisions that are right for you. With Weight Watchers Online, you can create a customized weight loss plan and use online and mobile tools to help you track your progress.

Noom

Noom is a psychology-based program that empowers you to make healthier choices by better understanding yourself, your mind, and the science of choice. Powered by data, technology, and coaches, Noom helps millions of people meet their personal health and wellness goals.

In-network hospitals programs

Many hospitals in the IBX provider network offer weight management classes. Programs and schedules vary from hospital to hospital. To learn more about available programs, contact the community health education department of an in-network hospital. To find an in-network hospital, visit **ibx.com/findadoctor** or use the IBX app.

Visa and the Visa Brand Mark are registered trademarks of Visa International.

Weight Watchers®, Weight Watchers® Online, and Noom are independent companies and do not sell or provide Blue Cross products or services.

Not eligible for rewards

The following aren't eligible for the Healthy Lifestyles Rewards Plus Weight Management Program:

- Dietary supplements
- Programs that require the purchase of food products designed for use with the program
- Injections or GLP-1 weight loss pill
- Meal plans and liquid meals
- Any online program other than Weight Watchers Online or Noom
- Any programs offered at a medical practice other than an in-network hospital products too.

Log in at ibx.com or on the IBX app to access your Rewards platform.

Independence

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

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