

Healthy Lifestyles Rewards Plus Fitness Program

Healthy habits take time, commitment, and support. To reward your efforts, you can earn $150 for working out regularly at an approved fitness center or virtual fitness program.

Through the newly enhanced **Healthy Lifestyles Rewards Plus Fitness Program**, Independence Blue Cross (IBX) members who are 18 and older can earn $150 on a reloadable Visa® card each year for completing 120 workouts within the calendar year. Your 120 workouts can be at an approved fitness center, through a virtual fitness program, or a combination of both.

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.

Then, follow these steps:

1. **Join an approved fitness center** or sign up for a virtual fitness subscription.
2. **Exercise regularly** and complete 120 workouts within the calendar year.
3. **Record your workouts.** Your logged workouts must be at least 8 hours apart.
4. **Submit** your documentation of your workouts and payment within the calendar year.

How do I submit documentation?

After you complete 120 workouts, submit your documentation electronically through the Rewards platform within the calendar year.

Here's what you'll need to submit:

- **Record of your workouts** (if you are manually recording your workouts using the logbook in this document, please scan or take a photo of the logbook and upload with your submission)
- **Proof of payment** for your membership or subscription

What should I know about earning rewards?

You'll receive a reloadable Visa card, usually within 7 – 10 business days after you submit your completed activities. 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.

Scan the QR code or log in at **ibx.com** to access your Rewards platform. If you have any questions, call Customer Service at the number on the back of your member ID card.

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Program guidelines

Selecting an approved fitness center

To be eligible for Fitness Program rewards, you must choose a full-service fitness center that offers a variety of cardiovascular, flexibility, and resistance training in a supervised setting.

Eligible fitness centers

Eligible full-service fitness centers generally feature most of the following amenities:

- Group exercise classes (e.g., aerobics, spinning, body sculpting, kickboxing, pilates, yoga)
- Resistance training equipment (e.g., weight machines)
- Free weights
- Cardiovascular training equipment (e.g., treadmills, stationary bicycles, elliptical trainers)
- Pool for swimming laps
- Track for running/walking

Ineligible fitness centers

Memberships at athletic clubs that feature a single competitive or recreational sports activity are not eligible for rewards, including programs and facilities focused on:

- Tennis/squash/racquetball
- Basketball
- Golf
- Martial arts/karate
- Sports leagues
- Recreational swim clubs
- Dance instruction
- Outdoor "boot camp" style program
- Sculling-style rowing program
- Chiropractic services

Family fitness center memberships

Family memberships are subject to the following conditions:

- Each family member who submits documentation for rewards must be listed on the membership contract.
- Each family member who submits documentation for rewards must individually participate in the Fitness Program and fulfill all requirements. Each eligible family member may receive up to $300 in rewards, based on his or her completion of the required number of workouts, once per calendar year.

Eligible virtual fitness programs

Virtual fitness programs through digital subscriptions or apps may be eligible for rewards and can be used in addition to or in place of workouts in a fitness center. Examples include, but are not limited to, Peloton, Tonal©, lululemon Studio, iFit, and BODi©. The 120-workout requirement applies to virtual fitness programs. To be eligible for rewards, the virtual fitness program must have a membership fee and must allow you to record your completed workouts.

Rules and requirements for earning rewards

- You must complete 120 workouts within the calendar year.
- You must have coverage with IBX when you submit for your rewards.
- You are only eligible for rewards once per calendar year.
- Members must be 18 or older to be eligible for rewards.
- Logging in for another member at a fitness center is prohibited.
- Falsification of information to earn your rewards is strictly prohibited.

How to record your workouts

Use the logbook: To record workouts using the logbook in this document, ask a fitness center representative to sign and date the logbook each time you complete a workout. You can also use the logbook to record workouts if you visit a fitness center other than your primary fitness center (e.g., while you're traveling). Then scan or take a picture of the logbook so you can upload it electronically when you submit your documentation in the Rewards platform.

Use a fitness center's computer printouts: You can use your fitness center's computer printouts as your primary method of logging workouts. Please keep in mind that IBX cannot assume any responsibility for the reliability of fitness center computer systems. If you select this as your primary method of logging workouts, you also accept the risk that all your workouts may not be credited.

Use screenshots for a virtual program: To provide a record of your workouts using a virtual program, submit screenshots of a log or calendar view from the program or app that shows you completed 120 workouts within the calendar year.

Other important information

- IBX does not guarantee the solvency of any fitness center and, therefore, has no liability if a fitness center closes.
- Healthy Lifestyles Rewards is not a benefit under the health plan you have purchased. Therefore, it is subject to change without notice.
- We encourage our members to make fitness a regular habit. However, if you are 40 or older, overweight, have a history of high blood pressure or heart disease, or have any other health concerns related to exercise, you are encouraged to consult your doctor before beginning an exercise program.

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

Peloton, Tonal, lululemon Studio, iFit, and BODi are independent companies and do not sell or provide Blue Cross products or services.

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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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Healthy Lifestyles℠ Fitness Program Logbook

Member name_____

ID #_____

Instructor/fitness facility representative must acknowledge each workout with date and signature. Credit will only be issued for workouts completed during supervised hours.

	Date	Fitness facility representative signature	Workout time			Date	Fitness facility representative signature	Workout time	
1.				❑ am ❑ pm	31.				❑ am ❑ pm
2.				❑ am ❑ pm	32.				❑ am ❑ pm
3.				❑ am ❑ pm	33.				❑ am ❑ pm
4.				❑ am ❑ pm	34.				❑ am ❑ pm
5.				❑ am ❑ pm	35.				❑ am ❑ pm
6.				❑ am ❑ pm	36.				❑ am ❑ pm
7.				❑ am ❑ pm	37.				❑ am ❑ pm
8.				❑ am ❑ pm	38.				❑ am ❑ pm
9.				❑ am ❑ pm	39.				❑ am ❑ pm
10.				❑ am ❑ pm	40.				❑ am ❑ pm
11.				❑ am ❑ pm	41.				❑ am ❑ pm
12.				❑ am ❑ pm	42.				❑ am ❑ pm
13.				❑ am ❑ pm	43.				❑ am ❑ pm
14.				❑ am ❑ pm	44.				❑ am ❑ pm
15.				❑ am ❑ pm	45.				❑ am ❑ pm
16.				❑ am ❑ pm	46.				❑ am ❑ pm
17.				❑ am ❑ pm	47.				❑ am ❑ pm
18.				❑ am ❑ pm	48.				❑ am ❑ pm
19.				❑ am ❑ pm	49.				❑ am ❑ pm
20.				❑ am ❑ pm	50.				❑ am ❑ pm
21.				❑ am ❑ pm	51.				❑ am ❑ pm
22.				❑ am ❑ pm	52.				❑ am ❑ pm
23.				❑ am ❑ pm	53.				❑ am ❑ pm
24.				❑ am ❑ pm	54.				❑ am ❑ pm
25.				❑ am ❑ pm	55.				❑ am ❑ pm
26.				❑ am ❑ pm	56.				❑ am ❑ pm
27.				❑ am ❑ pm	57.				❑ am ❑ pm
28.				❑ am ❑ pm	58.				❑ am ❑ pm
29.				❑ am ❑ pm	59.				❑ am ❑ pm
30.				❑ am ❑ pm	60.				❑ am ❑ pm

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	Date	Fitness facility representative signature	Workout time			Date	Fitness facility representative signature	Workout time	
61.				❑ am ❑ pm	91.				❑ am ❑ pm
62.				❑ am ❑ pm	92.				❑ am ❑ pm
63.				❑ am ❑ pm	93.				❑ am ❑ pm
64.				❑ am ❑ pm	94.				❑ am ❑ pm
65.				❑ am ❑ pm	95.				❑ am ❑ pm
66.				❑ am ❑ pm	96.				❑ am ❑ pm
67.				❑ am ❑ pm	97.				❑ am ❑ pm
68.				❑ am ❑ pm	98.				❑ am ❑ pm
69.				❑ am ❑ pm	99.				❑ am ❑ pm
70.				❑ am ❑ pm	100.				❑ am ❑ pm
71.				❑ am ❑ pm	101.				❑ am ❑ pm
72.				❑ am ❑ pm	102.				❑ am ❑ pm
73.				❑ am ❑ pm	103.				❑ am ❑ pm
74.				❑ am ❑ pm	104.				❑ am ❑ pm
75.				❑ am ❑ pm	105.				❑ am ❑ pm
76.				❑ am ❑ pm	106.				❑ am ❑ pm
77.				❑ am ❑ pm	107.				❑ am ❑ pm
78.				❑ am ❑ pm	108.				❑ am ❑ pm
79.				❑ am ❑ pm	109.				❑ am ❑ pm
80.				❑ am ❑ pm	110.				❑ am ❑ pm
81.				❑ am ❑ pm	111.				❑ am ❑ pm
82.				❑ am ❑ pm	112.				❑ am ❑ pm
83.				❑ am ❑ pm	113.				❑ am ❑ pm
84.				❑ am ❑ pm	114.				❑ am ❑ pm
85.				❑ am ❑ pm	115.				❑ am ❑ pm
86.				❑ am ❑ pm	116.				❑ am ❑ pm
87.				❑ am ❑ pm	117.				❑ am ❑ pm
88.				❑ am ❑ pm	118.				❑ am ❑ pm
89.				❑ am ❑ pm	119.				❑ am ❑ pm
90.				❑ am ❑ pm	120.				❑ am ❑ pm

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