Blue Rewards Activity Goal

Get Blue Rewards Points for being active! Here are step by step directions to help you get started. You will earn 10 points for selecting a goal, up to 25 points for tracking your exercise, and 15 points if you meet your goal. How will you get your exercise points? Post your updates on the <u>R-Wellness Facebook</u> page!

Step 1: Creating a Goal

1. Log in at <u>floridablue.com</u>.

Florida I	Blue 🤷			Contact	Us Search Login //	Register
Home Shop Our Plans	Login			Close (esc) 오		
Florida Blue Healtl Shop	I am a:				Members	>
An easy way to shop fo	Member	Applicant	Agent	Employer	Providers	>
products. Shop Products	User ID: Password:				Agents Employers Iember Registration o register, your plan m ffect (on or after your s	with the start date).
Shop Our Plans See just how affordable plans can be - health, pharmacy, dental, life, financial plans and	Register Forgo	Membe t User ID or Passw	er Portal Login		Foolbox Blue in the Commun Health Care Reform 	

2. Click on 'Health & Wellness", then "Discounts & Rewards".

поте	Claim &	Statements v	My Plan	▼ Tools ▼	Health & Wellness v My Account v
					Care
/elcor	me				Discounts & Rewards
Recent Cla	ims				VIUSE hen you can avoid the Emergency Room
					My Health from WebMD
					colu, minor spiant, ear acre – try a war
Beginning Date	Ending Date	Provider	Claim Charge		in urgent care center. Find one near you using our online provider directory.
Beginning Date 06/13/2014	Ending Date 06/13/2014	Provider	Claim Charge	view details	In urgent care center. Find one near you using our online provider directory.

3. Click on "Earn Blue Rewards"

Flori In the pure	suit of health		Message Center	Accessible Version Co	ntact Us Help Take the Tour
Home	Claim & Statements 🔻	My Plan 🔻	Tools 🔻	Health & Wellness 🔻	My Account 🔻
Discou	ints & Rewards			Member #:	Relationship: POLICY HOLDER
	Discount Programs Save up to 50% on gym memberships, weight loss programs, hearing & vision products and more.			Earn BlueRewards Earn points for taking health si The more you do, the more po you'll receive and the better you	teps. ints J'Il feel.

4. You will be asked to register through WebMd the first time you enter the BlueRewards site. Click "Continue" to complete the process and you will be directed to the Rewards site. The process just takes a few minutes.

Florida Blue 💩 🕖	(con)	POWERED BY WEBMD	health services
			En Espa
Welcome to Registration			
Registering for the My Health Manager website gives you these bene	efits:		
 Provides personalized information and powerful tools to help y 	you make more informed choices about your health		
 Ensures the confidentiality of your personal health information Characteristic to your block the personal from WahMD composition 	1		
 Ones you access to your realist Network internet.com 			
To start, we need to know if you already have an existing Personal H	ealth Record at WebMD.com.		
Do you have an existing Personal Health Record at WebMD.com	17		
No Yes			
Click 'Continue' to complete the registration process.			
Learn more about accessing your Personal Health Record at WebMI	D.com @		
Forgot your WebMD.com Personal Health Record username or pass	word?		
			Continue
yight Policies Medical Review Feedback WebMD Corporate			RUSTe ►
014 WebMD Health Services Group, Inc. All rights reserved. bMD does not provide medical advice, diagnosis or treatment. See additional information.		ACCARDENCE	ertified Privac
		HEALTH WITH SITE	

5. Once you are on the BlueRewards site, hover your mouse over the "Achieve Exercise Goal with My Health Assistant" tile until it flips and click on "Let's Do This".

	Rewards Redeem Now		
B	A		
Irds Home FAQs			
ctivities			Points Balance: 255
Achieve a Quit Tobacco Goal with My Health Assistant	Achieve a Stress Goal with My Health Assistant	Points	Available Rewards
15	15	Achieve Exercise Goal with My Health Assistant	Up to 1200 points
Points	Points		You need: 1200 Points
EXPIRES: 3/31/2015	EXPIRES: 3/31/2015	LET'S DO THIS	

6. Click on "Create Goal". Your goal is to record exercise activity of 20-30 minutes on 9-15 days out of 28.

My Health Goals

 Nutrition
 Active

 Weight Loss
 Achieved

 Exercise
 Active

 Ensure you are getting regular physical activity.
 Active

 Goal Completion Criteria:
 This is a 4-week goal that encourages you to record your exercise activities. Depending upon the intensity level selected, you should record exercise activity on 9-15 days out of 28 at 20-30 minutes per day.

 Goal Start Date: 7/12/014
 Reset Goal

 Reset Goal
 Remove Goal

Edit your health goals to best fit you. Add new goals you want to accomplish and remove old ones you no longer want.

Congratulations, you just earned 10 Blue Rewards points for creating an exercise goal!



Step 2. Tracking Your Exercise

1. Log in to <u>floridablue.com</u> and follow steps 1-3 above to get to the Blue Rewards page.

Home	My Health	My Health Centers	Health Information & Costs	Healthy Fun	Find A Doctor And More	Return To Your Account	Rewards
FC In th	forida B	ilue 💀 🕅 🔎		CUBA		POWERED WEBMD	health services
	X		Rewards Redeem Now				
Rewards	Home FAQs	:					
Acti	vities					Points Balance: 6	50
Ach Goa Ass	ieve a Quit Tob I with My Healtl istant	acco Ac h wi	hieve a Stress Goal th My Health Assistant	Achieve Maintain Mood Goal with M Assistant	Positive ly Health	Available Rewards	

2. Click on "My Health" and then "My Health Assistant"

Home	My Health	My Health Centers	Health Information & Costs	Healthy Fun	Find A Doctor And More	Return To Your Account	Rewards		
CHEC Persor	K Mu∈ALT	H essment	MY Health Assistant						
WebM	D Symptom Cł	necker	Track Your Desuits						
			DailyVictory						
			Health Forums Weigh Today						
Powards	Homo EAOs								
Acti	vities				1	Points Balance: 65	50		
Ach Goa Ass	ieve a Quit Tob I with My Health istant	acco 1	Achieve a Stress Goal with My Health Assistant	Achieve Mainta Mood Goal with Assistant	in Positive My Health	Available Rewards			

3. Pick the day you are tracking from the drop down box. Enter your activity and the time. Various activities are saved in the system, such as walking, yoga, Zumba, etc. If yours is not listed, select "General Exercise – Intense, Moderate, or Light". Click Save.

	Enjoy Exercise	My Exercise	Tuesday 🔻	Progress
٩,	This is a 4-week goal that encourages you to record your exercise activities. Depending upon the intensity level selected, you should record exercise activity on 9-15 days out of 28 at 20-30 minutes per day.	Zumba		0 of 9 days tracked Complete your goal by
	Learn more about the <u>Enjoy Exercise</u> goal.	Save cancel View	Trends View History	July 28th

You will earn 5 points each time you enter your exercise (up to 25 points)! In addition, you will earn 15 points when you complete your exercise goal!



Need help? Exercise Resources

 "My Health Centers" has exercise resources, or is a place you can track past activity. Log in to <u>floridablue.com</u> and follow steps 1-3 above to get to the Blue Rewards page. Click on "My Heath Centers" and "Exercise".

Home	My Health	My Health Centers	Health Inf Costs	ormation &	Healthy Fun	Find A Doctor And More	d Return To Yo Account	our Rewards
Alcohol	I Blood P	Pressure	Blood Sugar	Cholesterol	Emotional Heal	th Exercise	More	
FC In the	orida Bla le pursuit of healt	ue 💀 🕅		1	(CUEA)		POWERED BY Web	MD [®] health services
	1		Rewal	rds ∞				
Rewards I	Home FAQs							
Activ	vities						Points Balance:	650
Achi Goal	ieve a Quit Tobac I with My Health	:co	Achieve a Stress with My Health As	Goal ssistant	Achieve Maintain Mood Goal with I	n Positive Ny Health	Available Rewa	ards
Assi	istant				Assistant	_	Up to 1200	0 points

2. The "Articles, News & More" tab has information about your exercise goal, and another way to track your activity. Click on "Trackers" and then "Exercise" to track your activity.



3. The "Self Assessments" tab has a link to a private personal assessment to help you track your preventive care and set goals.



You will earn 25 points for completing the WebMD health Assessment!

