



BlueRewards

Your BlueRewards Checklist—it all starts at FloridaBlue.com!

ACTIVITIES	POINTS	POINTS AVAILABLE
Personal Health Assessment and Biometric Screening/Onsite	80	4-6 wks
WebMD Personal Health Assessment/Online	40	1 day
BMI: ideal range (18.5 - 24.9)	60	4-6 wks
Cholesterol: ideal range (4.0 or less)	60	4-6 wks
Blood Pressure: ideal range (<120/80) Note: both numbers must be below this range.	60	4-6 wks
Non-tobacco user: 2 years non-user	60	4-6 wks
Cholesterol ratio : Main 4.0 or less range	60	4-6 wks
Blood pressure: Improve risk category from previous year	60	4-6 wks
BMI: Improve risk category from previous year	60	4-6 wks
Blood Pressure: Actively treating with prescribed medication	20	4-6 wks
Cholesterol: Actively treating with prescribed medication	20	4-6 wks
Digital Health Assistant: Select/achieve an Exercise Goal	25 select/45 achieve	4-6 wks
Digital Health Assistant: Select/achieve a Maintain Positive Mood Goal	25 select/45 achieve	1 day
Digital Health Assistant: Select/achieve a Nutrition Goal	25 select/45 achieve	1 day
Digital Health Assistant: Select/achieve a Quit Tobacco Goal	25 select/45 achieve	1 day
Digital Health Assistant: Select/achieve a Stress Goal	25 select/45 achieve	1 day

ACTIVITIES	POINTS	POINTS AVAILABLE
Digital Health Assistant: Select/achieve a Weight Loss Goal	25 select/45 achieve	1 day
Health Tracker: Utilize Exercise	1 ea/max 10	1 day
Health Tracker : Utilize Weight	1 ea/max 10	2 wks
Health Tracker : Utilize Stress	1 ea/max 10	1 day
Health Tracker: Utilize Cholesterol	1 ea/max 10	1 day
Health Tracker: Utilize Blood Pressure	1 ea/max 10	1 day
BYFB Brainshark presentations: Complete 5 out of 10 sessions	20 ea/max 100	1-2 wks
Attend a BYFB wellness seminar at your college campus 101503	50 ea/200 max	1-2 wks
Registered Nurse Education/Coach Program: Enroll to improve your health through guidance and support and complete a minimum of three phone calls with a registered nurse. For more information, email nextsteps@floridablue.com or call 1-800-477-3736 ext. 54837, Monday- Friday from 8 a.m. to 5 p.m.	80	1-2 wks
Healthy Addition Prenatal Program: Enroll employee or covered spouse. For more information, email healthyaddition@floridablue.com or call 1-800-955-7635 and select option 6.	80	1-2 wks
Flu Shot: Annual	10	1 day
Wellness Exam: Annual	50	4-6 wks
Daily Victory: Activate application	5	1 day
Daily Victory: 4 consecutive days of exercise tracking	5 ea/max 50	1 day
Daily Victory: Invite a friend to join you	2 ea/max 10	1 day
Weigh Today: Activate application	5	1 day
Weigh Today: 5-Day Streak Badge	5 ea/max 50	1 day
Fitbit devices: Register Fitbit with WebMD	10	1 day
Gym Utilization: Use the gym at least 25 times per quarter/100 times for the year	1 pt per day used 25 qtr/max 100	4-6 wks