

# GET ACTIVE WITH BLUE CARE ADVISOR<sup>SM</sup>

Earn rewards for taking steps toward your health

With your new Blue Care Advisor **Get Active** program, small steps can lead to big benefits — and rewards. Simply track your daily steps or your favorite fitness activity and earn points that translate to real dollars.



Employees and spouses\* can  
**EARN UP TO \$240 ANNUALLY**

\*Employees and spouses must be enrolled in the Blue Cross and Blue Shield of Minnesota health plan.

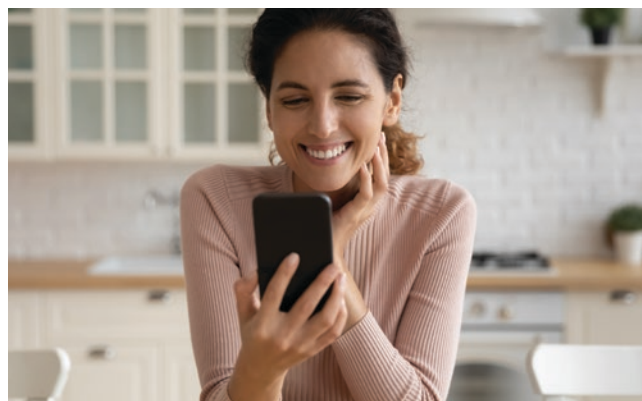
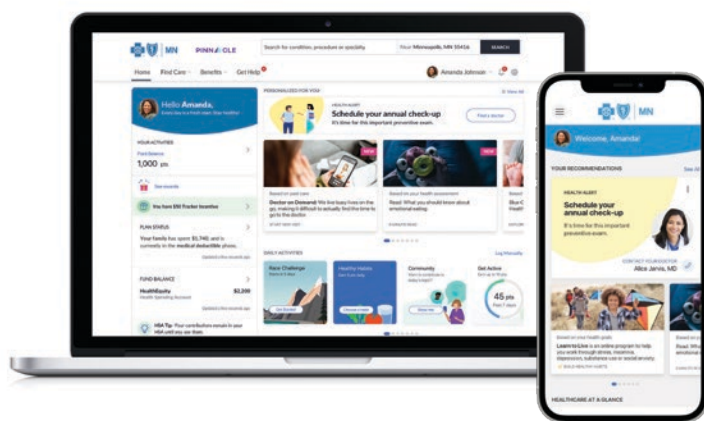
## GET STARTED EARNING POINTS

### 1 Register

When your health plan is effective, register at [bluecrossmn.com/bca](https://bluecrossmn.com/bca) or download the **Blue Care Advisor** app.

### 2 Complete a short Health Assessment

Fill out the form located on the homepage or under 'Benefits' to start earning points. Based on your Health Assessment results, you'll receive personalized recommendations including helpful tips and resources.



**Earn 100 points** for completing the Health Assessment

### 3 Start tracking

Link your fitness tracker or favorite fitness app to automatically record your activities. You can also track activity manually — including weightlifting, yard work or swimming.



5,000 steps = 5 points

7,000 steps = 7 points

**10,000 steps = 10 points**  
**(max per day)**



**10 points = \$1**

Earn a maximum of **\$240 per year**



If you forget to track a day, catching up is easy. Simply go into the app and log your past activity manually up to 30 days prior.



Earn your points anytime throughout the year — there's no monthly requirement.

### 4 Collect your reward

Your Reward Center shows how many points you have available.



Redeem your points before the end of the health plan year for a variety of e-gift cards — available in \$10, \$25 and \$50 increments (up to \$240 annually).



**GET READY**

**You'll be able to take advantage of your personalized  
Get Active benefit once your new health plan begins.**

If you have questions, please call the number on the back of your member ID card.

The reward may result in a taxable event for either you or your plan sponsor. Consult your tax advisor.

If it is unreasonably difficult due to a medical condition for an individual to participate (or if it is medically inadvisable for an individual to attempt to participate), Blue Cross will provide an alternative program. For more information about obtaining an reasonable alternative, please call the number on the back of your member ID card.

Points do not roll over to the next health plan year.

Blue Care Advisor<sup>SM</sup> is an offering of Blue Cross<sup>®</sup> and Blue Shield<sup>®</sup> of Minnesota, a nonprofit independent licensee of the Blue Cross and Blue Shield Association.

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