

# Stay motivated with well-being tools!



## Earn tokens and badges on your well-being journey

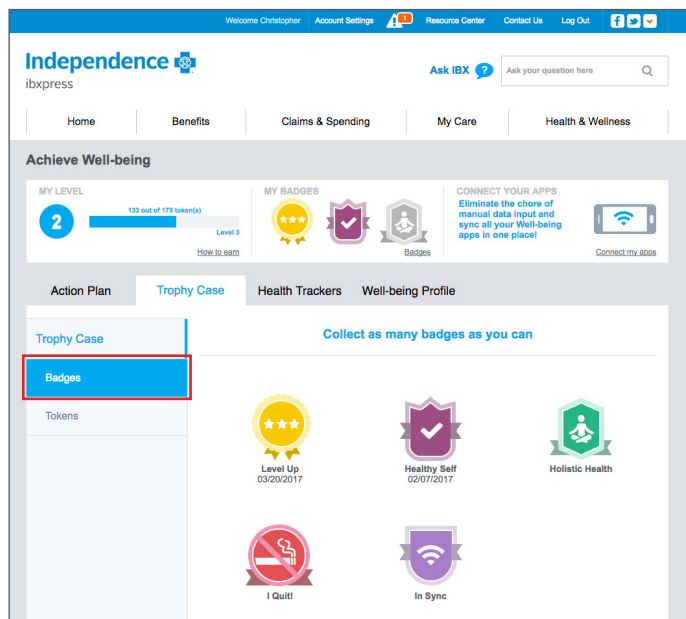
Start your journey to Achieve Well-being by completing the Well-being Profile on [ibxpress.com](http://ibxpress.com) or on our IBX mobile app. Then pick from hundreds of programs to create a personalized Action Plan to help you earn tokens and badges and meet your goals.

### How to Earn Tokens and Badges









You can earn tokens for every small step that you take to reach your well-being goals, such as:

- Logging in at [ibxpress.com](http://ibxpress.com)
- Completing your Well-being Profile
- Finishing programs successfully
- Reading well-being articles and healthy recipes
- Watching videos
- Syncing a health tracking app

The more you use the Achieve Well-being tools, the quicker you earn tokens. You can also earn badges by completing specific activities, such as syncing a health tracking app. As your token count increases, you move up to higher levels. See if you can achieve Level 4 by earning 320 tokens!



**Use the well-being tools often to earn tokens faster and level up. You can also earn badges for specific activities.**

Description	Tokens Earned	Frequency	Badge
Log in at <a href="http://ibxpress.com">ibxpress.com</a>	1	Once per day/max 10	
Connect your apps	5	4	
Track activity within a program	1	No maximum	
Complete a program (min 2 tracking days)	5	No maximum	
Complete at least one program (any level) from each of the four primary lifestyle management focus areas: Nutrition, Physical Activity, Sleep, Stress	20	1	
Move up a focus difficulty level	5	12	
Complete the Well-being Profile	50	1	
Read a healthy recipe within your Achieve Well-being program	5	5	
View a video within your Achieve Well-being program	5	5	
Read a news article within your Achieve Well-being program	5	5	
Complete the on-line SmartQuit smoking cessation program	50	1	
Move up to Level 1 (50 tokens required)	10	1	
Move up to Level 2 (75 tokens required)	10	1	
Move up to Level 3 (175 tokens required)	20	1	
Move up to Level 4 (320 tokens required)	50	1	

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

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711).

注意：如果您讲中文，您可以得到免费的语言协助服务。请致电1-800-275-2583。