

Healthy Lifestyle Rewards

quick start guide

***"IT'S LIKE WE'RE
GETTING PAID
TO LIVE BETTER!"***

– HLR program participant

Earn up to \$200 in cash rewards!

Healthy Lifestyle Rewards is an interactive online program that rewards you – and every CalPERS Blue Shield member age 18 and over – with cash when you participate and adopt healthy lifestyle habits.*

Get the resources, motivation, and support you need to eat healthy, get fit, manage stress, and more. Not only does your body benefit, but your wallet does, too.

**Complete Wellness
Assessment**

**Participate in online health
programs (up to 36 weeks)**

**Total possible earned
cash rewards**

\$50 + \$150 = \$200

This is your chance to make progress toward your personal wellness goals, at no extra cost. In fact, you can earn money for participating. Just register online and start earning today!

* Blue Shield 65 PlusSM (HMO) members are not eligible for cash rewards.

Strictly confidential

If you're worried about privacy, rest assured: your wellness information is confidential, and your employer will not see it.

Convenient online access

Got a busy schedule? No worries – you can access Healthy Lifestyle Rewards anytime, day or night. We'll even send you a few email reminders in case you forget (or need a little motivation).

Follow these four easy steps:

1

Register at blueshieldca.com/hlr

- Click on *Register Now*.
- Enter your member ID number from your Blue Shield member ID card and enter your date of birth.
- Review the Terms and Conditions of Participation and set up your Preferences.

Already registered? Use your current username and password to log in.

2

Take the Wellness Assessment and earn \$50 today!

Take the Wellness Assessment to customize your wellness program. It gathers important facts like your age, weight, and other vitals. If you don't have all the information, come back and complete it later. You can immediately earn and redeem a reward of \$50 when you submit your completed assessment.

3

Participate for more rewards and earn up to \$150

Select a goal designed to improve your health, and participate weekly by logging in to blueshieldca.com/hlr. Earn an additional \$50 for every 12 weeks of participation (up to 36 weeks). Complete the next step in a health program, log data in a tracker, or participate in a message board.

What you do each week is completely up to you!

4

Redeem – get your cash

You can redeem your credits for cash by clicking on *My Rewards*, then *Redeem Now*. The first time you redeem a reward, you will be mailed a debit card that you can use anywhere major credit cards are accepted. Subsequent rewards will be automatically loaded to your card once you redeem them.

**“I HAVE MORE ENERGY, MORE FOCUS,
AND OVERALL I’M A HAPPIER PERSON.”**

– HLR program participant

“THANK YOU FOR SUCH A WONDERFUL PROGRAM THAT'S IMPROVING MY LIFE.”

– HLR program participant

Easy-to-use tools and helpful tips are only a few clicks away:

- **Personalized health programs** on exercise, nutrition, stress, smoking cessation, and more
- **Information on more than 150 health topics and a Symptom Checker** to help you determine what to do about your symptoms
- **Health trackers** for weight, blood pressure, blood sugar, and more, to track your goals and progress
- **Message boards** with over 130 health topics that bring you together with other members to discuss, share, and understand your health
- **Recipes** that include nutritional information, healthy ingredients, and preparation tips
- **Health news and information** including articles, website links, and support groups
- **Over 2,000 videos** on a wide range of subjects from allergies to buying a good walking shoe



For more information

Get full program details at blueshieldca.com/hlr. Questions? Click on *Contact Us* for a response within three business days.