

HealthyRewards

Live Healthy and Earn Rewards

With Healthy Rewards as part of your Capital BlueCross health plan, you can earn rewards for taking small steps that go a long way to help you live healthy!



Online Digital Health Coaching

Small step: Take one online digital health coaching program

Big payoff: Learn more about health topics that interest you and ways to live healthier

1. Log in to your capbluecross.com member page
2. Enable pop-ups in your browser
3. Select the **Wellness** tab at the top of the page
4. Select the hyperlink **Try a session today** in the second bullet
5. Select **Coaching** from the menu at the top of the page
6. Select the program you wish to take
7. Follow the on-screen prompts and submit

Note: You only need to complete one session to achieve this Healthy Rewards activity.

Have questions about Healthy Rewards? Call the customer service number on your Capital BlueCross member ID card.



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