



 GET ACTIVE PROGRAM

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

Earn rewards for taking steps toward your health

# Small steps can lead to big rewards

With the Get Active program, simply track your daily steps or your favorite fitness activity and earn points that translate to real dollars.

## START EARNING IN THREE EASY STEPS

### 1 Register

Register at [bluecrossmn.com/bca](http://bluecrossmn.com/bca) or download the Blue Care Advisor app.

### 2 Complete the Health Assessment

Once you're logged in, you'll find the Health Assessment under "Benefits." Based on your 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 activity. You can also track things manually, so everything counts — even yard work!



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

Redeem your points in the Reward Center for \$10, \$25 or \$50 e-gift cards.



**Points expire at the end of the program year** so make sure you cash in on your hard work!

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 a 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.



**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.

## QUESTIONS?

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

