



An Independent Licensee of the
Blue Cross and Blue Shield Association

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FEP Members Earn Financial Rewards by Participating In Wellness Incentive Program

You want your patients to be healthy and so do we. Federal Employee Program® (FEP) members can earn up to \$170 during calendar year 2018 with the FEP Wellness Incentive Program by completing the Blue Health Assessment and three goals within Online Health Coaching.

Here's how it works

FEP members earn \$50 when they complete their online Blue Health Assessment (BHA) in 2018. Once they've completed the BHA, they also may be eligible to earn up to \$120 for completing up to three Online Health Coach goals relating to a healthy lifestyle as well as specific health conditions.

The money earned from completing the Online Health Coach goals is loaded onto your patient's MyBlue® Wellness Card. The funds on this health debit card can be used for qualified medical expenses, including co-payments and prescriptions.

Health coaching complements your care instructions

The Online Health Coach provides a combination of guidance, support and resources to help your patients:

- Set and manage goals
- Create a plan of care
- Track their progress
- Pursue healthy activities

Encourage FEP patients to participate in program

Standard and Basic FEP contract holders are receiving postcards in May explaining the Wellness Incentive Program. Please encourage your FEP patients to take advantage of this wellness program available at no cost to them. The program is available to the contract holder and spouse. [Learn more.](#)