

BCBST Fully Insured Rewards Program – Activity Cheat Sheet

ACTIVITY	POINTS	MAX FREQUENCY	HOW	Estimated Timeframe for Points to Show on Rewards Tracker
Personal Health Assessment	50	1 per year	Complete Your Personal Health Assessment in the Member Wellness Center to start earning points	1-2 business days
Annual Wellness Exam	100	1 per year	Complete a routine physical	Claim based - Please allow 4-6 weeks for the points to show up as it takes time for your claim to be processed
Teladoc Registration	50	1 per lifetime	Register for Teladoc - Registration is once per lifetime.	4-6 weeks after registering
Teladoc Appointment	50	2 per year	Complete a Teladoc Appointment - Earn points for up to two appointments per year	Claim based - Please allow 4-6 weeks for the points to show up as it takes time for your claim to be processed
Flu Shot	50	1 per year	Receive your annual flu shot	Claim based - Please allow 4-6 weeks for the points to show up as it takes time for your claim to be processed
Chronic Condition/Case Management Engagement (2 consults)	50	1 per quarter 2 per year	50 points after completing second consult. Earn 50 points per quarter. Up to 100 points per year	4-6 weeks after completing 2 nd consult
Diabetes Management (A1C, Urine Test and Kidney Function)	50	1 per year	1 test per year, up to 150 points	Claim based - Please allow 4-6 weeks for the points to show up as it takes time for your claim to be processed

Healthy Maternity Completion	100	1 per year	Completion of Healthy Maternity Program	3-5 days after completion
Daily Steps	1	100 points per quarter	1 point per 5,000 steps – 100 points per quarter	Data Processing for step counts are held for 10 days to ensure the maximum number of steps per day is recorded. Members should be sure they are syncing their devices frequently so the data can be captured and loaded.
Cancer Screenings (Mammogram, Colorectal, cervical, or Prostate)	100	1 per year	1 screening per year	Claim based - Please allow 4-6 weeks for the points to show up as it takes time for your claim to be processed