



Earn up to \$155 in e-Gift cards by taking an active part in your wellness journey

All located in your BCBS **Blue Access for Members (BAM)** portal

Open to anyone enrolled in a medical plan

Choice of **Amazon** or **Visa** e-Gift Card

Health Assessment	Complete a Health Assessment through Well onTarget portal to earn reward
Virtual Visits Registration w/ MDLIVE	Not eligible if employee registered prior to 1/1/2026
24/7 Nurseline Engagement	Utilize the 24/7 Nurseline during the plan year to earn your reward
Preventive Screening **Maximum of 2 rewards	<p>Complete preventive screening with health provider to earn reward</p> <ul style="list-style-type: none"> • Cervical Cancer (female 21+) • Mammogram (female 40+) • Colonoscopy (members 50+) • Bone Density (female 65+)
Annual Physical	<p>One physical per year, must be 12 months since prior physical. Exam must be billed as routine to get reward</p>
A Well onTarget Activity	<p>Complete a Self-Managed Program through Well onTarget to receive reward.</p> <ul style="list-style-type: none"> • Educations Self-Managed programs consist of 6 lessons, self-paced. • Interactive Self-Managed programs are 6 weeks in length. They do not have Coaching included in their benefit package.

Gulf Coast Regional Blood Center offers a voluntary wellness program available to all employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive.