Get rewarded for making healthy choices

Start earning today!

Earn credits for your healthy habits and redeem them for gift cards.

1. Get started.

Start your journey to Achieve Well-being by logging on to ibxpress.com and start earning credits just by completing a confidential Well-being Profile. To begin your profile, select the Health & Wellness tab, then click Complete Your Well-being Profile in the right column, or simply click Achieve Well-being.

See what you are doing well and where you can make changes by answering questions on:

- Nutrition
- Cardiovascular health
- General health habits
- Check-ups
- Stress and well-being
- Goals for better health

Once completed, you’ll receive a personalized report with detailed suggestions on how you can improve your health.
2. Get healthy and earn credits.

Take healthy actions, at your own pace, and watch your credits grow. Whether you want to quit smoking or just start with a flu shot, we offer a variety of activities to help you develop healthy habits.

Earn rewards by:

- Enrolling in an online well-being program on ibxpress.com under Achieve Well-being
- Visiting your primary care physician or OB/GYN
- Completing a smoking cessation program
- Getting a mammogram
- Getting a flu shot
- Exercising regularly
- Attending nutrition counseling sessions

3. Get rewards.

The ultimate benefit of smart living is improved health. But getting rewarded along the way is nice, too. The credits that you earn for your healthy habits are redeemable for items such as gift cards. Talk to your benefits administrator or HR representative for more information.

Log on to ibxpress.com to start earning credits today!