

# Achieve Well-being

## Stay motivated with well-being tools!



### Earn tokens and badges on your well-being journey

Start your journey to Achieve Well-being by completing the Well-being Profile on [ibx.com](http://ibx.com) or on our IBX mobile app. Then pick from hundreds of programs to create a personalized Action Plan to help you earn tokens and badges and meet your goals.

#### How to earn tokens and badges









On the well-being platform, you receive tokens for completing specific health and well-being activities, achieving personal goals, reaching significant milestones, and routinely interacting with the well-being platform. You earn tokens for activities such as:

- Logging in at [ibx.com](http://ibx.com)
- Completing your Well-being Profile
- Finishing programs successfully
- Syncing a health tracking app

The more you use the well-being platform, the quicker you earn tokens. As your token count increases, you move up to higher levels. Each time you achieve a higher level, you are rewarded with additional tokens for your hard work. See if you can achieve Level 4 by earning 320 tokens!

The screenshot shows the Independence Well-being platform interface. At the top, there's a navigation bar with 'Welcome Christopher', 'Account Settings', 'Resource Center', 'Contact Us', and 'Log Out'. Below that, the 'Independence ibxpress' logo is visible, along with a search bar and social media icons. The main content area is titled 'Achieve Well-being' and features a 'MY LEVEL' section showing 'Level 2' with a progress bar at '133 out of 175 token(s)'. To the right, there's a 'MY BADGES' section with three badges: 'Level Up', 'Healthy Self', and 'Holistic Health'. Below this, there's a 'CONNECT YOUR APPS' section with a 'Connect my apps' button. The 'Action Plan' section is active, showing a 'Trophy Case' with a 'Badges' tab selected. The 'Badges' section displays five badges: 'Level Up' (03/20/2017), 'Healthy Self' (02/07/2017), 'Holistic Health', 'I Quit!', and 'In Sync'.

**Use the well-being tools often to earn tokens faster and level up. You can also earn badges for specific activities.**

Description	Tokens Earned	Frequency	Badge
Log in at ibx.com	1	Once per day/max 10	
Connect your apps	5	4	
Track activity within a program	1	No maximum	
Complete a program (min 2 tracking days)	5	No maximum	
Complete at least one program (any level) from each of the 4 primary lifestyle management focus areas: Nutrition, Physical Activity, Sleep, Stress	20	1	
Complete the Well-being Profile	50	1	
Read a healthy recipe within your Achieve Well-being program	5	5	
View a video within your Achieve Well-being program	5	5	
Read a news article within your Achieve Well-being program	5	5	
Complete the online Tobacco Free smoking cessation program	50	1	
Move up to Level 1 (50 tokens required)	10	1	
Move up to Level 2 (75 tokens required)	10	1	
Move up to Level 3 (175 tokens required)	20	1	
Move up to Level 4 (320 tokens required)	50	1	

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711).

注意：如果您讲中文，您可以得到免费的语言协助服务。请致电1-800-275-2583。