

Wellness Calendar

Month	Wellness Activity	Description
January New Year, New You!	Complete the Well-being Profile	Complete your Well-Being Profile on the Ibx.com website. This annual Health Risk assessment takes about 10 to 15 minutes. By answering the questions, the wellness platform is able to provide a summary of your overall health but also provide recommended programs for you to complete that focus on mind, body, and health! To get access, log into your member portal on ibx.com, then click on Health and Wellness, Access Rewards, then Well-Being Profile and begin your assessment.
February American Heart Month	Complete a program on the Achieve Well-being platform	February is Heart Awareness Month. If you have completed the Well-Being Profile you have been recommended programs that focus on your financial, mental, and physical health. Find out what programs interest you to focus on your wellness goals. To get to these programs go to your ibx.com account, Click on 'Health and Wellness', then 'Access Rewards'. Click "Action Plan" then click "Add New". Choose the program that's right for you.
March Colorectal Cancer Awareness Month	Receive a colon cancer screening or any preventive screening.	Did you know? Preventive screenings reduce your risk for diseases and conditions. Talk to your doctor to stay up to speed on preventive screenings such as colon cancer screening, mammogram, cervical cancer screening. Go to this link to find out what preventive screens are suggested for your age and gender: http://tools.ibx.com/preventive-services/
April National Walk at Lunch day!	Walk it Out - Team Challenge	Enjoy the spring weather by getting a few steps in during the day. Also, if you are enrolled into the 'walk it out' team challenge your steps will count for this! To learn more about challenge details log into your ibx.com account and click on Health and Wellness, Access Rewards, then under your Action plan click on 'Challenges'. The minimum requirement for successfully completing this challenge is 7,000 steps a day, for 3 days a week.
May Take Charge!	Complete Personal Training Session	Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. Participate in activities like walking, running, yoga, weightlifting, etc. for at least 30 minutes three times per week.
June Alzheimer's and Brain Awareness Month	Complete a program on the Achieve Well-being platform	June is Alzheimer's and Brain Awareness Month. Focus on a web-based program that focuses on stress management or mental health. Find out what programs interest you to focus on your wellness goals. To get to these programs go to your ibx.com account, Click on 'Health and Wellness', then 'Access Rewards'. Click "Action Plan" then click "Add New". Choose the program that's right for you.

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July Live a Smoke-Free Life	Certify you are not a tobacco user or complete a tobacco cessation program for up to \$150 back!	Did you know? Smokers who quit before age 40 reduce their chance of dying too early from smoking-related diseases by about 90 percent. There are wellness tools and reimbursement programs to help you kick the habit!
August Annual Check up	Visit your PCP for our annual check up	Get rewarded for going for your annual PCP checkup. Speak to your PCP about screenings or tests that may help reduce the risk of future effects on your health.
September National Cholesterol Education Month	Obtain a biometric screening onsite or in your doctor's office	Biometric screenings can help to identify risk factors for disease and other conditions. These screenings include total cholesterol, BMI, and blood pressure measures.
October Flu Shot	Receive your Annual Flu Shot	Getting the influenza vaccine is the best way to prevent the flu. Talk to your doctor to learn more about the benefits of the flu vaccine and the types of vaccines available to you.
November Personal Challenge	Challenges	Get ahead of the holiday slump by participating in a personal challenge. Invite a few friends to participate with you!
December End of Year Financial Check Ups	Complete a program on the Achieve Well-Being platform that focuses on financial wellness	Get ready for the new year by evaluating your financial wellness! You can complete a financial web-based program or call your retirement management program to see how if you need to make any adjustments towards retirement!



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.