

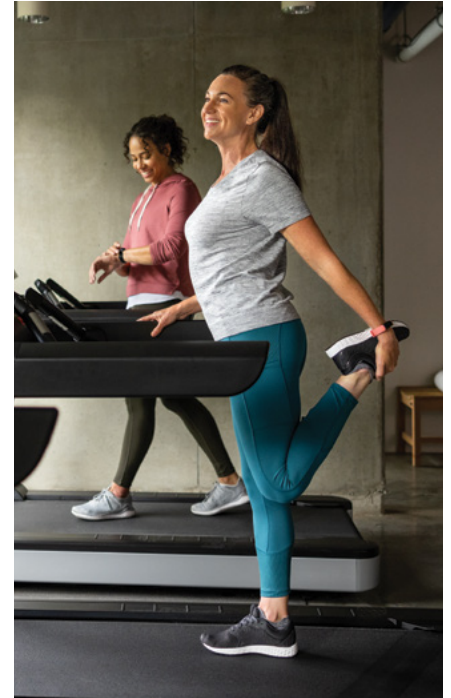
ROUTINE ANNUAL PHYSICAL INCENTIVE PROGRAM

Quick Reference Guide

Getting an annual physical, also known as a checkup, is one of the best things you can do for your health. If you're an FEP Blue Focus member, we'll even reward you after your first routine physical of the year!

Here's how it works:

- 1 Visit your primary care doctor for an annual physical. If you don't have a primary care doctor, you can find one by downloading the **fepblue** app or visiting fepblue.org/provider.
- 2 Once we receive the claim from your visit, you'll receive an email and/or a message on your Explanation of Benefits (EOB) with instructions on how to receive your reward.
- 3 Follow the instructions and log in to your MyBlue® account. (If you're a first-time user, you'll need to register.)
- 4 Select your reward and complete the required fields to receive it.



Select from one of these rewards:*

MyBlue® Wellness Card

Get **\$150** on a MyBlue Wellness Card. You can use the card to pay for qualified medical expenses at local and online retailers. Or redeem at one of over 15 approved Blue365® vendors.



Receive a four-month gym membership that's valid at more than 10,000 health clubs nationwide.



Get a personalized diet and nutrition plan by sending in a cheek swab.



To learn more about the FEP Blue Focus incentive, visit fepblue.org/FBFIncentive.

**Location restrictions apply. Your MyBlue account will list the rewards available in your specific location.*

You must be 18 years of age or older, and the contract holder or spouse on your Plan, to earn this reward.

We encourage you to consider possible tax implications of your rewards as part of this program and to consult your tax, legal or accounting advisors for additional information.

Not all Blue365 vendors are included in this program.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure: RI 71-017. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

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