

# ROUTINE ANNUAL PHYSICAL INCENTIVE PROGRAM

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 Preferred 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](http://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. Once you're logged in, select your reward and complete the required fields to receive it.



## SELECT FROM ONE OF THESE REWARDS:\*



### FITNESS YOUR WAY BY TIVITY HEALTH®

Receive a 4-month gym membership that's valid at more than 10,000 health clubs nationwide.



### MOLECULAR FITNESS®

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



### SUNBASKET®

Get two weeks of an organic, healthy meal kit for two delivered straight to your door. You'll get three meals each week.



### FITBIT®

Choose a select Fitbit device, plus get one free year of Fitbit Premium.

\*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.



To learn more about the FEP Blue Focus incentive visit [fepblue.org/FBFIncentive](http://fepblue.org/FBFIncentive).

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan – FEP Blue Focus. 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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