

Healthy Lifestyles



Healthy rewards to move you in a healthy direction

Healthy Lifestyles reward points

When you complete wellness activities, you not only benefit from better health, you also earn reward points that can be redeemed for fitness gear, kitchen gadgets and other merchandise.

Here are some ways to earn reward points starting January 1, 2015:

- Take your online Well-Being Assessment: **2,500 points**
- Set up your online Well-Being Plan: **500 points**
- Visit a Prime fitness center: **50 points each visit**
- Complete three coaching calls: **750 points up to four times each year**
- Track your exercise or steps activity: **25 points per day**
- Track your weight: **50 points per week**
- Track your servings or use your food log to track what you eat: **25 points per day**
- Make entries in your online journal: **5 points per day**

Sign up starting January 1, 2015

- Active and retired members and their adult dependents who are enrolled in a LAPRA medical plan (Anthem Blue Cross PPO, Anthem Blue Cross CaliforniaCare HMO, Kaiser HMO) can sign up for **Healthy Lifestyles**.
- Go to MyHealthyLifestyles.com and click on **Sign Up** to start earning rewards. See the FAQs insert enclosed for more information.
- Have questions? Call **Healthy Lifestyles** at **855-817-0647**.

LAPRA

The more wellness activities you complete, the more you'll be rewarded.

