

Get rewarded for making healthy choices

If you are currently enrolled in a medical plan with an HSA, you can earn an employer contribution to your HSA for completing a health survey and another healthy activity. For each activity, you'll earn \$200* for employee only coverage and \$400* for other coverage levels (employee + spouse, employee + child(ren) or family coverage) for a total of \$400 or \$800 respectively. You can use the employer contribution to help pay for your out-of-pocket medical expenses.

How to earn your incentive

Step 1: Complete your health survey

Take a fun and interactive health survey to get your Rally age — a number that can be higher or lower than your physical age based on your lifestyle and risk factors. Rally is a product of Rally Health, Inc., an independent company that offers a digital health platform on behalf of your health plan.

To take your health survey:

- Go to **www.SouthCarolinaBlues.com**
- Log in to your **My Health Toolkit** account.
- Select the **Wellness** tab, then click **Rally**.

Step 2: Choose a second activity to complete

Option 1: Complete three missions or challenges

Improve the way you move, care, feel or eat by adding missions to your daily routine. Missions take up to four weeks to complete, and you'll be required to check in daily or weekly.

Challenges are virtual events where a user tracks steps against a goal, competing virtually with other Rally users. Challenges vary in length from 3 to 14 days.

You will be able to complete three missions or challenges after you complete your health survey.

Option 2: Have a wellness exam

Complete your annual physical using an in-network doctor. Women may complete an in-network routine physical or an annual well woman exam.

Schedule your exam as far in advance as possible to ensure you receive your incentive before the end of your benefit year.

To find a doctor in your network:

- Log in to **My Health Toolkit**.
- Select the **Resources** tab.
- Select **Find a Doctor or Hospital**.

Receive your incentive

The employer funding will be deposited into your HSA by the end of the following month after you complete your eligible health activity. For example, if you complete a healthy activity in February, the employer contribution will be deposited into your HSA by March 31. You will receive an email notification when the employer contribution has been deposited.

There is a Deadline

You have until **November 30, 2019** to complete the healthy activities in order to earn the employer contribution to your HSA for the 2019 plan year.

Please note, the employer contribution to the HSA is only available to active employees in the Company's medical plans. Terminated employees are not eligible for the employer contribution.

View your HSA balance

You can view your employer contribution and your HSA balance by logging into your **My Health Toolkit** account.

To access your HSA Bank account online:

- Go to **www.SouthCarolinaBlues.com**
- Log in to your **My Health Toolkit** account.
- In the upper toolbar, select **Benefits/Financial Accounts/Health Savings Account**
- Select **Access your Health Savings Account**

** If you enroll in medical coverage after January 1, the amount of your employer contribution will be prorated based upon both your effective date of coverage as well as the coverage tier you select (e.g., employee only coverage, family coverage, etc.).*

For example, if your hire date is March 11 (your effective date of coverage is April 1) and you elect employee only coverage, your prorated employer contribution for completing a health survey or another healthy activity will be: (\$200 annually ÷ 12 months) x 9 remaining months = \$150 employer contribution.