

Healthy Lifestyle Rewards

Blue Shield of California is pleased to announce that the Healthy Lifestyle Rewards (HLR) pilot program will continue in 2006. Please take advantage of this opportunity to improve your health and earn some cash!

For 2006 there will be a few changes to the program. The biggest change to HLR is the payment schedule, which is to occur three times a year, not just at the end of the year, as in 2005. Now, participants will be paid \$50 for every 12 weeks tracked, up to \$150 per year. The rewards will be paid in May, August, and December.

Another change to the program is that the Health Risk Assessment (HRA) and the tools and programs will be available for use to all members who are 18 and older; however, they will not be eligible for the rewards. For example, dependents will be able to track their progress as well as members.

Postcards will be mailed Jan. 30th to all eligible subscribers. Please don't let this opportunity pass you by.

Enroll for Healthy Lifestyle Rewards in 2006!

