



# Incentive Awards

The City of McAllen and Blue Cross and Blue Shield of Texas (BCBSTX), a division of Health Care Service Corporation, encourage you to take part in activities that promote wellness and health. You (or a covered family member) can earn a credit to your deductible by completing one or more of these healthy activities.

ACTIVITY	WHO IS ELIGIBLE	EARNED CREDIT Receive credit when you complete one or more of these healthy activities. The total credit you can earn toward your deductible is \$100 per employee or covered family member.
<b>CONDITION MANAGEMENT PARTICIPATION</b>		
Completion of Diabetes-recommended Care Program	Employee Only	\$50.00
Completion of Pregnancy Program	Family	\$50.00
<b>LIFESTYLE MANAGEMENT PARTICIPATION</b>		
Completion of Nutrition Program*	Employee Only	\$25.00
Completion of Smoking Cessation Program	Employee Only	\$25.00
Completion of Weight Management Program	Employee Only	\$50.00
<b>CLAIMS BASED ACTIVITIES</b>		
Completion of Standard Annual Physical	Employee Only	\$25.00
Completion of Cholesterol Screening	Employee Only	\$25.00
Clinical Prostate Exam	Employee Only	\$25.00
Colorectal Screening	Employee Only	\$25.00
Diabetes Test	Employee Only	\$25.00
<b>MISCELLANEOUS</b>		
Complete Health Risk Assessment online at <a href="http://bcbstx.com">bcbstx.com</a>	Employee Only	\$50.00
Gym Membership*	Employee Only	\$25.00

\* Tracked by employer. Credit applied upon proof of completion submitted by employee.





**BlueCross BlueShield of Texas**

*Experience. Wellness. Everywhere.®*



### **How much can I earn?**

City of McAllen employees can complete one or more of the activities above to earn up to \$100 total toward their deductible per year.

### **How do I participate in this program?**

You can find the health risk assessment by signing up for Blue Access for Members<sup>SM</sup> (BAM) at [bcbstx.com](http://bcbstx.com) and clicking on the Personal Health Manager icon. The health risk assessment is in the Know Your Risk box.

Schedule an annual physical, or cholesterol, diabetes, prostate, colonoscopy exam(s) with your doctor. For help in finding a doctor, use Provider Finder<sup>®</sup> at [bcbstx.com](http://bcbstx.com). Enroll in the weight management, smoking cessation and/or Special Beginnings<sup>®</sup> pregnancy programs through the Personal Health Manager, or call Customer Service at the toll-free number on the back of your ID card.

### **Can I participate in more than one condition management program?**

The incentive will be limited to only one condition per member.

### **How will I receive the credit?**

If you share the results of your health risk assessment with BCBSTX, a credit is automatically added to your account. If you do not share the results, send the completion certificate to Customer Service. Call the toll-free number on your ID card for the address.

Credits for the annual physical, and/or cholesterol, diabetes, prostate, colonoscopy exams are added after BCBSTX processes the claim.

Credits for completing one of the condition or lifestyle management programs are earned by submitting the completion certificate to Customer Service.

If you have any questions about your coverage or this program, call the toll-free Customer Service phone number on your ID card.