FOCUS*fwd* Wellness Incentive Program

The **FOCUS***fwd* Wellness Incentive Program is designed to help you lead a healthier lifestyle. Complete our **FOCUS Points**, **GET FIT** and **Nutrition** programs and receive **$55 in rewards**. Plus increase your chances of winning one of the **$1,000 quarterly** and **$5,000 annual cash rewards** in our **Sweepstakes**!

$25

FOCUS Points*

Get a **$25 cash reward** and **25 entries into the Sweepstakes** when you complete the following activities that are important to improving your overall health: Personal Health Assessment, annual wellness visit, and preventive screening or flu vaccine.

$20

GET FIT*

Get up to **$20 in gift cards** and **25 entries into the Sweepstakes** for stepping up to the annual challenge.

Nutrition*

Get **$10 in gift cards** and **25 entries into the Sweepstakes** for completing the **Nutrition** program, which helps you with basic cooking skills that allow you to explore new foods while reaching nutrient-driven goals. You'll also have opportunities to win an **Instant Pot®, blender** or **food processor**.

$5K

Sweepstakes

Earn entries into the **Sweepstakes** for chances to win one of the **$1,000 quarterly** and **annual $5,000 cash rewards** by simply signing up for **FOCUS***fwd* and completing any of its programs.

Get started:

1. Visit www.BlueChoiceSC.com.
2. Log in to **My Health Toolkit®**.
3. Select the **Health and Wellness** tab.
4. Select the **FOCUS***fwd* **Incentive Program** link.
5. Enter your email address to be eligible to win.

Focus on life. Focus on health. ***Stay focused.***

BlueChoice® HealthPlan South Carolina

BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

*These are calendar-year programs and will restart annually.

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