



# FOCUSfwd Wellness Incentive Program

The **FOCUSfwd** Wellness Incentive Program is here to support and reward you during your journey to a healthier lifestyle. You can earn up to **\$300 in rewards** when you complete fun challenges and health-related activities. The more you participate the better chance you'll have to win one of the **\$1,000 quarterly** cash prizes or the **\$5,000 annual grand prize** in our **Sweepstakes!**

**\$150**

**FOCUS Points\***

Earn a **\$150 reward** and **Sweepstakes entries** by completing these essential health activities:

- Personal Health Assessment
- Annual wellness exam
- Preventive screening or flu vaccine

**\$100**

**GET FIT\***

Start stepping to earn rewards with the **GET FIT** quarterly step challenge. With a new challenge every three months, it's never been easier to get started. You'll earn **\$25 in rewards** and **Sweepstakes entries** for each challenge you complete, for a total of **\$100 in rewards**.

**\$50**

**Status Level**

Complete activities in **FOCUSfwd** to increase your status level. As you achieve higher status levels, you can earn up to **\$50 in rewards** and increase your **Sweepstakes entries**.

**BRONZE LEVEL**  
Points: 0–2,499  
Entries: 25

**SILVER LEVEL**  
Points: 2,500–5,999  
Entries: 50

**GOLD LEVEL**  
Points: 6,000–9,999  
Entries: 75 | Reward: \$25

**PLATINUM LEVEL**  
Points: 10,000  
Entries: 100 | Reward: \$25

**\$5K**

**Sweepstakes**

You earn **Sweepstakes entries** as you increase your **status level** in **FOCUSfwd**, increasing your chances to win one of the **\$1,000 quarterly** and **\$5,000 annual cash rewards**. You even earn **25 Sweepstakes entries** by simply signing up for **FOCUSfwd!**

## Get started:

1. Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).
2. Log in to **My Health Toolkit®**.
3. Access the **FOCUSfwd** Wellness Incentive Program from your My Health Toolkit account to get registered.
4. Be sure to visit your profile and enter your email address to be eligible to win one of the **Sweepstakes** rewards!

**FOCUSfwd** is available to applicable active subscribers and their spouses (ages 18 and older). You can call the Customer Service number located on the back of your member ID card to confirm if this program is available to you.

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



## Stay connected to your health and your rewards with the **FOCUS***fwd* app.

With the **FOCUS***fwd* app, you can:

- Complete activities that are important to your overall health.
- Register and participate in the quarterly **GET FIT** step challenges.
- Connect your activity tracker to start participating in **GET FIT** and sync your steps at least once a week.
- Complete activities that help you stay connected to BlueChoice® and improve your health, all while increasing your status and earning entries into the **FOCUS***fwd* Sweepstakes.
- Redeem your **FOCUS***fwd* rewards.

Download the **FOCUS***fwd* app and link your account:

1. Log in to My Health Toolkit® on your mobile device.
2. Select **Benefits**.
3. Select **FOCUS***fwd* Wellness Incentive Program.
4. On the homepage, select **Connect Your Device**.
5. Follow the instructions to download the **FOCUS***fwd* app.

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

