

Blue PointsSM Eligible Activities Within the Personal Health Manager

Qualifying Activity	Points Earned	When Earned	Maximum Earned	Points Appear in Profile	Do Points Expire?
Online Health Risk Assessment Complete or update the online Health Risk Assessment (HRA).	2,500	Once every 6 months	2,500 every 6 months; subject to the 55,000 points per year maximum	Within 48-72 hours after completing HRA	Blue Points Expire on: December 31st two years after they are earned. (Example: Points earned in January 2010 will expire Dec. 31, 2012.) Points must be redeemed before midnight on the day of the member's benefit termination effective date.
Quit Smoking Online Program Enroll, participate and complete various modules within the online quit smoking program. <i>(Each module may take a week or more to complete.)</i>	250 per module	Upon completion of each module	Subject to the 55,000 points per year maximum	Within 48-72 hours of submitting each module's final questionnaire	
Weight Loss Online Program Enroll, participate and complete various modules within the online weight loss program. <i>(Each module may take a week or more to complete.)</i>	250 per module	Upon completion of each module	Subject to the 55,000 points per year maximum	Within 48-72 hours of submitting each module's final questionnaire	
Fitness Program Earn points by visiting a participating fitness location. - Visit 1-2 days during a week - Visit 3 days during a week - Visit 4 or more days during a week	100 300 400	Anytime during the week Sunday – Saturday	Subject to 400 points per week maximum; subject to the 55,000 points per year maximum	Within 60 days of the date of the activity	
Personal Health Manager Tools & Trackers Actively using various tools, trackers and resources within the Personal Health Manager: - Creating an Eat Right, Get Fit or Live Well plan and setting plan goals - Rating a health-related article - Achieving your plan, demonstrated by reporting daily/weekly activity	100 20 25-75 based on meeting each plan's goal (max. 25 per plan)	Anytime during the week Sunday – Saturday	Subject to 500 points per week maximum; subject to the 55,000 points per year maximum	Upon completion of the activity	
Bonus Points Enrollment in the Fitness Program	2,500	Once per lifetime	Not subject to any weekly or yearly maximum	Upon enrollment	