



**EMPOWER360<sup>SM</sup>**

Core Enhanced Roadmap

## Your well-being journey starts here

Meet Empower360<sup>SM</sup>, your personalized well-being experience. With step-by-step guidance—and rewards that motivate you to reach your health goals—you'll start feeling like your best self in no time. To get started, sign in at [BCBSND.com](https://BCBSND.com) and select **Go to Empower360**.

GIFT CARD

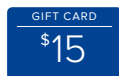
**\$15**

### Earn rewards for healthy activities

Once you complete your Health Assessment, you'll receive a personalized report with recommended programs and activities—plus a \$15 gift card just for getting started. Best of all? The more you engage, the more you earn.

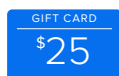
## Get rewards for being proactive

You can earn up to \$100 per year in gift cards for engaging in healthy activities that support your long-term health, like getting preventive exams and screenings. Your health plan covers preventive care at no cost to you when you see an in-network provider.



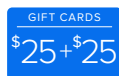
### Health Assessment

Receive a personalized report with recommendations. Earn \$15.



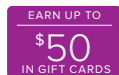
### Annual preventive exam\*

Visit your doctor for your yearly preventive care checkup. Earn \$25.



### Breast and cervical cancer screenings\*

Help catch cancer sooner. Get a mammogram or a cervical cancer screening. Earn \$25 each or \$50 total.



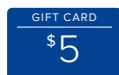
### Colorectal cancer screening\*

Talk to your provider about this screening. Sign in to Empower360 to learn more.



### Steps challenge

Get more movement and earn up to \$25 per year.



### Fitness device or app sync

Make every step count. Sync your fitness device or app to track your physical activity. Earn \$5.



### Healthy activities

Complete up to five healthy activities, including a vision exam, dental visit, select immunizations, or programs on behavioral health and insurance basics. Earn \$10 for each activity.

\*Activity is tracked through claims and is subject to network availability and eligibility by age and medical risk. Please allow up to 60 days for claims processing.

## Ready to get started?

Begin your well-being journey to build healthy habits and earn rewards. Follow these steps to get started:



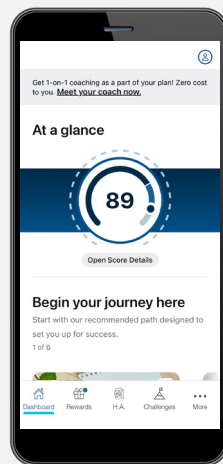
Create your account or sign in to your account on [BCBSND.com](https://www.bcbsnd.com)



Scroll down and select **Go to Empower360**.



Personalize your well-being journey by completing the **Health Assessment**. It takes about 10 minutes, and you'll earn an immediate \$15 reward. Keep going and earn more!



**TIP:** Stay engaged on the go! Download the Empower360 app so you can easily complete activities.



For Empower360 program reward details, visit and review the Program Summary page within Empower360 and click **Full Notice of Well-Being**. Call the number on the back of your member ID card if you need assistance.

