

ROUTINE ANNUAL PHYSICAL EXAM INCENTIVE PROGRAM

Getting an annual physical, also known as a checkup, is one of the best things you can do for your health. If you're an FEP Blue Focus member, we'll even reward you after your first routine physical of the year!

HERE'S HOW IT WORKS:

1. Visit your Preferred primary care doctor for an annual physical. If you don't have a primary care doctor, you can find one by downloading the [fepblue app](#) or visiting fepblue.org/provider.
2. Once we receive the claim from your visit, you'll receive an email and/or a message on your Explanation of Benefits (EOB) with instructions on how to receive your reward.
3. Follow the instructions and log in to your MyBlue® account. If you're a first-time user, you'll need to register.
4. Once you're logged in, select your reward and complete the required fields to receive it.



SELECT FROM ONE OF THESE REWARDS:*



FITNESS YOUR WAY BY TIVITY HEALTH®

Receive a 4-month gym membership that's valid at more than 10,000 health clubs nationwide.



MOLECULAR FITNESS®

Get a personalized diet and nutrition plan by sending in a cheek swab.



SUNBASKET®

Get two weeks of an organic, healthy meal kit for two delivered straight to your door. You'll get three meals each week.



FITBIT®

Select one of the following devices: a Fitbit Inspire HR, Fitbit Charge 3 or Fitbit Aria 2 Smart Scale.

*Location restrictions apply. Your MyBlue account will list the rewards available in your specific location.

You must be 18 years of age or older, and the contract holder or spouse on your Plan, to earn this reward.

We encourage you to consider possible tax implications of your rewards as part of this program, and to consult your tax, legal or accounting advisors for additional information.

LEARN MORE ABOUT FEP BLUE FOCUS BENEFITS AND INCENTIVES
at fepblue.org/focus.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan – FEP Blue Focus. Before making a final decision, please read the Plan's Federal brochure (RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

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The Blue Cross and Blue Shield Service Benefit Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您ID卡上的客服號碼以尋求中文協助。