

# Earn rewards for a healthy lifestyle



With the USG Well-being rewards program, employees enrolled in a USG Anthem healthcare plan—and their eligible, enrolled spouses—can each earn up to \$100. Beginning in 2026, the first step to earning rewards is completing your Health Assessment. You'll unlock \$20 right away, then continue building rewards by completing activities like getting a preventive exam, staying current on vaccines, tracking your steps, and more. All of your benefits and rewards are easy to access through the Sydney<sup>SM</sup> Health app, your all-in-one hub for well-being support.

The earning period runs from January 1, 2026 through September 30, 2026.

## Here's how it works

1. Download or log in to your no-cost Sydney Health app.
2. Select **My Health Dashboard**.
  - To earn your rewards, scroll down and select **My Rewards** to view activities that you can complete.
  - Track the rewards you have earned in the **My Rewards** section.

Earned rewards for employees and/or their spouse will be paid through payroll at the end of the calendar year. Your reward balance will reset to zero at the beginning of each new plan year. All earned rewards that are paid out are taxable.

| Type of activity                                                                                                                  | Activities                                                             | Description                                                                                               | Reward |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------|
| <b>Required</b>                                                                                                                   | Health assessment                                                      | Complete a health assessment and receive tailored health recommendations                                  | \$20   |
| <b>Preventive</b><br>Receive your reward when claims are processed.                                                               | Preventive exam or well-woman exam <sup>1</sup>                        | Complete an annual preventive wellness exam or well-woman exam with your doctor                           | \$25   |
|                                                                                                                                   | Flu or COVID-19 vaccine                                                | Get an annual flu shot or COVID-19 vaccine                                                                | \$10   |
|                                                                                                                                   | General vaccine                                                        | Get vaccines (for example, MMR, tetanus) – maximum reward is \$10                                         | \$10   |
|                                                                                                                                   | Mammogram                                                              | Complete a routine or preventive mammogram                                                                | \$15   |
|                                                                                                                                   | Colorectal cancer screening                                            | Complete a colorectal cancer screening                                                                    | \$15   |
|                                                                                                                                   | Skin cancer screening                                                  | Complete a skin cancer screening                                                                          | \$15   |
|                                                                                                                                   | Prostate cancer screening                                              | Complete your prostate cancer exam                                                                        | \$15   |
|                                                                                                                                   | Biometrics                                                             | Complete a biometric screening (onsite event)                                                             | \$15   |
| <b>Digital engagement</b><br>Complete activities in the Sydney Health app or on <a href="https://www.anthem.com">anthem.com</a> . | Sydney Health or <a href="https://www.anthem.com">anthem.com</a> login | Log in to your Anthem account on the Sydney Health app or <a href="https://www.anthem.com">anthem.com</a> | \$5    |
|                                                                                                                                   | Chat with Anthem                                                       | Chat with a Health Guide at <a href="https://www.anthem.com">anthem.com</a> or on the Sydney Health app   | \$5    |
|                                                                                                                                   | Track steps                                                            | Track your steps – \$10 per month tracking a minimum of 150,000 steps – maximum reward of \$40            | \$40   |
|                                                                                                                                   | Track sleep                                                            | Track your sleep – \$5 per month of tracking sleep – maximum reward of \$20                               | \$20   |
|                                                                                                                                   | Track nutrition                                                        | Track your nutrition – \$10 per month – maximum reward of \$40                                            | \$40   |
|                                                                                                                                   | Action Plan                                                            | Complete Action Plans                                                                                     | \$25   |
| <b>Ongoing care</b><br>Receive rewards for continuing your health journey.                                                        | Building Healthy Families                                              | Help your family grow and thrive – \$15 for participation – completing your health profile                | \$15   |
|                                                                                                                                   | Virtual care video visit – maternity                                   | Complete a virtual visit with a lactation consultant                                                      | \$15   |
|                                                                                                                                   | Diabetes Care Standards                                                | Hemoglobin A1c test                                                                                       | \$15   |
|                                                                                                                                   | Diabetes Care Standards                                                | LDL or lipid test                                                                                         | \$15   |
|                                                                                                                                   | Diabetes Care Standards                                                | Microalbumin and eGFR (estimated glomerular filtration rate) lab tests                                    | \$15   |
|                                                                                                                                   | Emotional Well-being (Learn to Live)                                   | Use the Emotional Well-being Resources program (attestation required)                                     | \$15   |

If you need help with your rewards, please call your Anthem Health Advocate at 800-424-8950.

<sup>1</sup> Preventive or well-woman exam and biometric rewards cannot be combined.