

Incentive Points



Earn up to \$250, redeemable as Visa cash cards, January 1-October 31, 2023 (some activities must be completed by September 30, 2023).

One-Time Activities	Points
<ul style="list-style-type: none"> Attend Initial Appointment with Health Coach 	1000
<ul style="list-style-type: none"> Complete the Personal Health Assessment 	1000
<ul style="list-style-type: none"> Pregnancy Assistant Intake Box 	100
<ul style="list-style-type: none"> Sign-up for the WebMD Newsletter 	100
<ul style="list-style-type: none"> Sync a Fitness Device or App 	100
Daily Activities	
<ul style="list-style-type: none"> Track Your Daily Steps 	15
<ul style="list-style-type: none"> Track Your Daily Physical Activity 	90
Weekly Activities	
<ul style="list-style-type: none"> Complete Weekly Pregnancy Assistant Interaction 	25
Monthly Activities	
<ul style="list-style-type: none"> HCC - Visit Participating Club 12+ Times 	2700
<ul style="list-style-type: none"> Meet with your health coach once per month 	2500
<ul style="list-style-type: none"> Meet with prevention specialist once per month 	2500
<ul style="list-style-type: none"> Complete Monthly Financial Wellbeing Topic 	100
Miscellaneous Activities	
<ul style="list-style-type: none"> Challenges: Steps, Water, Fruits/Veggies, etc. 	100 weekly
<ul style="list-style-type: none"> Complete ANY Daily Habits Plan 	600 - 5x/year
<ul style="list-style-type: none"> Complete a Pregnancy Assistant Activity 	10 - 10x/week

Reward Tiers

Reward (Prepaid Visa)	Points to Redeem
\$25	2,500
\$50	5,000
\$100	10,000
\$150	15,000
\$200	20,000
\$250	25,000

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association. WebMD Health Services is an independent company that assists with the administration of BCBSND's health and wellness programs.