

Dear IBEW Local 18 Member,

**We are about to reward you for getting healthy!**

Get ready to join an exciting new generation of healthier and happier IBEW Local 18 members! **We are happy to bring you a-new program called Health Rewards. All IBEW Local 18 members, their covered spouses, domestic partners and adult children who are currently enrolled in Anthem Blue Cross are eligible for the new Health Rewards program.** We think it's going to be a great opportunity for you to take your health to a whole new level.

IBEW Local 18 Health & Welfare Trust wants you to be the best that you can possibly be; and what better way to help you get there than by adding some extra motivation! That's why we're really excited about offering the Health Rewards program. All you will need to do to get rewarded is to take part in certain health and wellness programs. When you enroll in The Future Moms Program or Condition Care Program, you will receive gift cards for your participation. Once you enroll in a program you will get the following:

- 1) **Building Healthy Families:** Anthem Blue Cross will send a \$25 Target gift card for enrolling in the program, and a \$100 Target gift card, for completing the program.
- 2) **The Condition Care Program:** Anthem Blue Cross will send a \$25 gift card for enrolling in the program, and a \$100 gift card for completing the program for those identified.

Here's how your Health Rewards program will work:

- **Building Healthy Families** – if you or a covered family member is pregnant please to enroll, please visit [anthem.com/ca](http://anthem.com/ca) or log in to Sydney Health. You will receive coaching from a registered nurse to provide care and support for a healthy pregnancy and healthy child.
- **Condition Care Program** – if you or a covered family member is suffering from diabetes or CAD, you can call 800-621-2232 to enroll. You will receive counseling and coaching on healthy lifestyles to meet your goals.

Sincerely,

Anthem Blue Cross