

# \$250 wellness card

Now available with every plan\*

Now, you get to choose how you want to get and stay healthy with your \$250 wellness card.

## Use your wellness card for:

- Gym memberships, fitness classes, and personal training sessions
- Nutritional supplements
- Health products from retailers, such as GNC, Feel-Rite, and Vitamin World
- Acupuncture treatments
- Massage therapy
- Chiropractic visits
- Weight Watchers®
- Sports programs, camps, and lessons
- Fun walks and running races

## And there's more!

If you complete a health assessment within the first six months after the effective date of your plan, you receive \$25.

You get an additional \$25 when your covered spouse completes a health assessment.

When you complete your free, personal online health assessment, you learn more about things you should start doing, things you should keep doing, and things you should stop doing, so you can live healthy every day.

The assessment takes about 15 minutes, and you receive your results right away.

## Use your health assessment results to:

- Learn healthy habits
- Find health improvement resources
- Get customized health information

To find out more, visit [bsneny.com](http://bsneny.com)

\* Available with all individual and small group plans

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**BlueShield**  
of Northeastern New York