2026 Wellness Rewards

City of Chattanooga



of Tennessee

OVERVIEW

2026 Rewards Program Overview

- You can earn up to **$150** a year for completing healthy actions!
- Employees must be a BCBST subscriber to be eligible.
- Activities must be completed from 1/1/26 – 12/31/26
- Rewards will be integrated with the Member Wellness Center found on your bcbst.com member portal. This is where you can track your progress, spend rewards dollars, and more!
- Rewards dollars roll over for 3 calendar years
- You can use your rewards dollars to purchase merchandise, gift cards, and make charitable donations!

2026 Rewards Activities

ACTIVITY	AMOUNT	MAX FREQUENCY	HOW
Biometric Screening **AND** Annual Wellness Exam	Up to $50	1 per year	Complete a biometric screening (with bloodwork) and annual wellness exam at the WellAdvantage Health Center to earn $50. You can receive $40 for an annual wellness exam with your primary care physician.*
Healthy Measures	$50	1 per year	During your biometric screening at the WellAdvantage center, your documented blood pressure, total cholesterol and blood sugar are within healthy range.**
Follow-Up	$50	1 per year	If one or more of your Healthy Measures wasn't met, you can complete a comprehensive health review follow-up to discuss the results of the biometric screening with a provider at the WellAdvantage Health Center to earn.
Mammogram	$15	1 per year	Complete a mammogram with an in-network provider.
Colonoscopy	$15	1 per year	Complete a colonoscopy with an in-network provider.
Complete a Journey	$5	5 per year	Complete one of our Journeys on the Member Wellness Center.

*Biometric screening must be done at the WellAdvantage Health Center
**Healthy Measures include: Blood Pressure: Systolic 0-140, Diastolic 0-90; Blood Glucose (fasting): 0-126; Total Cholesterol: 0-240

2026 Rewards Activities

ACTIVITY	AMOUNT	MAX FREQUENCY	HOW
Work with the Fitness Trainer – Reach Your Goal	$10	3 per year	Reach the goal that you set during your individual consultation with the fitness trainer.
Work with Dietitian/Health Coach – Reach Your Goal	$10	3 per year	Reach the nutrition or general wellness-related goal that you set during your individual consultation with the dietitian/health coach.
Complete a Healthy Culture Program	$10	4 per year	Complete a Healthy Culture program focusing on health and well-being challenges suited for all ability levels.
TextCare Connection	$5	4 per year	Use TextCare Connection to text your questions to medical providers.
WellAdvantage Health Center Wellness Engagement	$10	3 per year	Participate in various wellness programs at the WellAdvantage Health Center.

Wellness Rewards

Earn Rewards points

- Earn up to $150 a year for completing healthy activities
- Rewards dollars roll over for 3 years.
- Program is for City of Chattanooga Employees that are enrolled in BCBST benefits.

How to Access

- Log into bcbst.com account and click on the “Member Wellness Center” in the Managing Your Health tab

Redemption Options

- Gift Cards
- Rewards Store
- Charitable Donations

Activity	Rewards Amount
Biometric Screening **AND** Annual Wellness Exam*	Up to $50
Healthy Measures**	$50
Follow-up	$50
Mammogram	$15
Colonoscopy	$15
Complete a Journey	$5 – 5 times per year
Work with Fitness Trainer – Reach a Goal	$10 – 3 times per year
Work with Dietitian / Health Coach – Reach a Goal	$10 – 3 times per year
Complete a Healthy Culture Program	$10 – 4 times per year
TextCare Connection	$5 – 4 times per year
WellAdvantage Health Center Wellness Engagement	$10 – 3 times per year

*Biometric screening must be done at the WellAdvantage Health Center
**Healthy Measures include: Blood Pressure: Systolic 0-140, Diastolic 0-90; Blood Glucose (fasting): 0-126: Total Cholesterol: 0-240