

Blue Shield of California Healthy Lifestyle Rewards



2009 can be your healthiest year yet!

Have you ever told yourself I need to.....

be healthier?

eat better?

exercise more?

be less stressed?

Attention CalPERS Blue Shield members!

Don't miss the Healthy Lifestyle Rewards presentation

Date: Monday – February 23rd

Time: 11:30 a.m. – 12:30 p.m.

Place: Training Room 1 – East/West

Please drop by! Immediately following from 12:30 to 1:30 pm. Blue Shield will have computer kiosk stations and staff available assist you in logging into the Healthy Lifestyle Rewards Programs, answer questions and provide information about your wellness benefits.

CalPERS Blue Shield Members ages 18 years or older can earn \$50 just for completing the online Wellness Assessment. Members can earn an additional \$50 for each 12-week period of program participation - for a total of up to \$200 per member per year!

Get started earning cash today and log on to:
www.blueshieldca.com/hlr If you have any problems with login please click “contact us” on website for assistance.