

2026 Wellness Activity List

Earn up to \$500 in gift cards for completing wellness activities. Full details on requirements for completing each activity are available in the [Mobile Health Consumer Rewards Center](#).

Activity	Reward Summary	Reward Available
PREVENTIVE CARE		
Annual Physical	See your primary care physician for a physical with lab work. Have your doctor complete the Annual Physical Results form. Submit the form in the Mobile Health Consumer portal, or by fax.	\$200
Cancer Screenings*	Talk to your provider to see which cancer screenings are right for you. Eligible screenings include: Breast Cancer, Cervical Cancer, Colon Cancer, Lung Cancer, and Prostate Cancer.	\$50/screening
Eye Exam*	See your provider for an annual eye exam.	\$50
Dental Exam & Cleaning*	See your provider for a dental exam with cleaning.	\$50
Vaccines*	Eligible vaccines: COVID-19; flu; hepatitis A and B; HPV; measles, mumps and rubella (MMR); meningitis; pneumonia; chickenpox; shingles; diphtheria, tetanus, and pertussis (whooping cough); and respiratory syncytial virus (RSV).	\$25/vaccine (max. \$100)
MOBILE HEALTH CONSUMER		
Health Assessment	Complete a Health Assessment in the Mobile Health Consumer portal.	\$25
Agency Health Assessment Battle	Complete your health assessment in the Mobile Health Consumer portal between Jan. 1-31, to help your agency win.	\$25
Healthy Habits	Earn \$5 each for 25, 50, and 100 Healthy Habit check-ins in the Mobile Health Consumer portal, up to \$15.	\$5/25, 50, & 100 check-ins (max. \$15)
Digital Care Path	Earn \$5 for starting a Digital Care Path in the Mobile Health Consumer portal and an additional \$45 for completing a Digital Care Path.	\$50
Health Journey	Earn \$25 for each completed Health Journey in the Mobile Health Consumer portal, up to four.	\$25/journey (max. of \$100)
Physical Activity Tracking	Sync your tracker to the Mobile Health Consumer portal to track your physical activity to reach the daily goal of 10,000 steps or 30 active minutes. Earn a \$5 reward for reaching the daily goal 15 days per month, or \$15 for reaching the daily goal 25 days per month.	\$5/15 days per month, \$15/25 days per month (max. \$180)
Team Step Challenges	To earn the \$10 reward, you must sync your tracker to the Mobile Health Consumer portal and track at least 7,000 steps each day of the challenge.	\$10/challenge (max. \$40)

To earn the reward, each activity must be visible in your Mobile Health Consumer Rewards Center by December 31, 2026. Service or activity must be completed in 2026.

*These preventive care services will automatically show as complete in the Mobile Health Consumer Rewards Center once the claim for the service is processed by Anthem. If the claim was processed by other insurance, or paid by other means, you will need to submit a Missing Preventive Service form.

2026 Wellness Activity List (continued)

Activity	Reward Summary	Reward Available
ANTHEM		
Individual Coaching	Complete a one-on-one health coaching session with an Anthem health coach. Call Anthem at 1-877-814-9709 to schedule an appointment, or check with your HR to see if on-site coaching is offered at your worksite.	\$20/session (max. \$100)
Building Healthy Families Program**	Work with an Anthem nurse case manager during your pregnancy and be rewarded for sessions with a completed assessment.	\$15/assessment (max. \$45)
Total Health Connections**	Work with Anthem’s Total Health Connections team of clinicians to help you navigate health plan resources, & manage your chronic or complex health conditions. Earn rewards for sessions with completed assessments.	\$10/session (max. \$50)
Diabetes Prevention Program (DPP)**	Join a DPP to learn how to prevent Type 2 Diabetes. You have three options to choose from: app-based (Lark), virtual coaching (LiveHealth Online), or find a program in your community. Earn rewards as you hit program milestones.	\$25/milestone (max. \$100)
9amHealth Diabetes Program**	Work with 9amHealth to manage your diabetes. Earn \$25 when you create a care plan, and \$25 for months you work on your care plan using video or phone call with care team, messaging with care team (text, in-app, audio or email), reading articles & watching educational videos in the app, and completing ordered lab tests.	\$25/engagement (max. \$100)

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**Anthem/9amHealth sends the date each program assessment, session, or milestone is completed to Mobile Health Consumer. This automatically completes the reward in the Mobile Health Consumer Reward Center. These files are sent monthly so it may take a few weeks to see your earned reward.



Find full details for completing each activity in the Mobile Health Consumer Rewards Center!

on.in.gov/GetRewards