

# Welcome to *Balance*, your new wellness rewards program.

## Learn, track and earn



Complete a health risk assessment and access health resources



Set up reminders to take your meds



Eat your vegetables, earn rewards



Steps, weight, blood pressure... track it all!



## We're serious about our rewards

Living healthy is no small task, so we think our *Balance* rewards shouldn't be small either. Use your points to enter to win [gift cards to your favourite stores](#), [Fitbits](#), [GoPro cameras](#), [weekend getaways](#) and more.



## Getting started is easy—visit [www.ab.bluecross.ca](http://www.ab.bluecross.ca) and sign in.

All plan members of participating plans, and their dependants 16 years of age and older, are eligible to use *Balance*. Questions? Contact our Customer Services team at 1-800-661-6995.