You probably know making positive lifestyle changes can improve your health, but did you know you can be rewarded for it?

Because the University cares about your health, we have elected to participate in Blue Cross and Blue Shield of Alabama’s Be Healthy Rewards Program. We are offering USA Health Plan Members and their covered spouses each a $50 gift card to complete the HealthQuotient survey. It’s that easy!

BCBS will mail the $50 gift card to your home. The HealthQuotient survey can be completed on-line at www.behealthy.com

Remember to take the HQ
January 1 - March 31, 2009

Instructions to Earn Your $50 by mail:

1. Go to www.behealthy.com
2. Sign in. (If you are not currently registered, click “Register Now for mybluecross.”)
3. Complete the HealthQuotient survey.
4. If you are unable to complete the survey on-line, you may go to your HR office. The Human Resources Offices have computers available to complete your HQ. If necessary, a paper HealthQuotient survey is also available, however this will delay receipt of your $50 gift card.

* Plan members may complete the HealthQuotient survey after March 31st, however the gift card will not be offered.