Prevention is the key to good health

Regular check-ups and screenings are critical to your health. Often, they help prevent minor medical problems from becoming major health issues.

That’s why we offer rewards when you and your eligible dependents take preventive measures:

- $20 — visit with primary care physician or OB/GYN;
- $10 — get a flu vaccine;
- $20 — have a mammogram;*
- $25 — receive a colon cancer screening;†
- and more!

Each HealthPoint you earn is equal to a $1 credit redeemable for gift cards to hundreds of popular retailers and restaurants. Be sure to visit ibxpress.com and log in to your Healthy Lifestyles Rewards account to learn about more activities that will help you get healthy and get rewards.

*Available for females age 40 and older
†Available for members age 50 and older