Empire BlueCross
An Anthem Company

Track rewards for healthy activities
With Empire Health Rewards

The Empire Health Rewards incentive program allows you to earn rewards for healthier lifestyle choices, like tracking your steps, working with a well-being coach or having a wellness exam/flu shot.

How to start

1 Sign into empireblue.com or download and log in to the Sydney Health app and select **More**. (Use the same username and password as you use on empireblue.com)

2 Select **My Health Dashboard**.

3 Scroll down to **My Rewards**

4 Select **Earn Rewards Dollars**

5 Scroll down to review the different programs you can participate in to earn your reward dollars

The Sydney Health app brings all your information into one convenient and secure place, guiding you to better health.

Download the Sydney Health app and start earning rewards

Scan the QR code using the camera on your phone then tap the link to download the Sydney Health app.