

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

Learn, track and earn



Complete a health risk assessment and access health resources



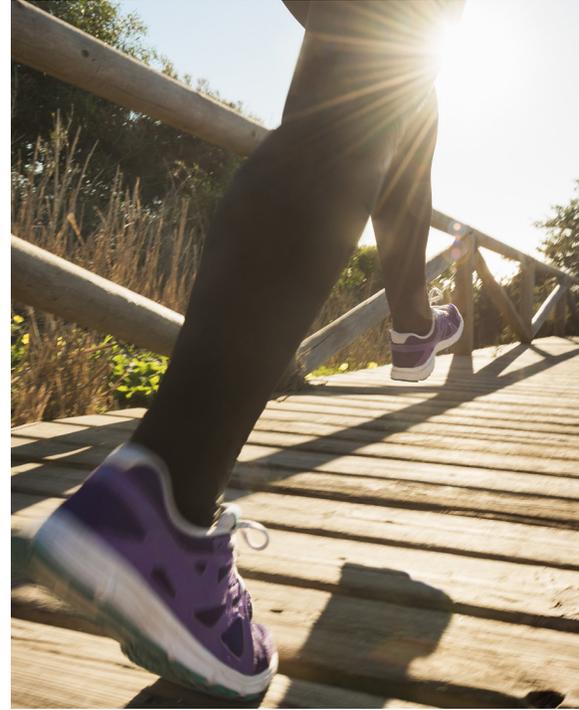
Set up reminders to take your meds



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 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.