Aim for a healthy weight

Earn HealthPoints when you complete an approved weight management program, such as Weight Watchers®. By reaching and maintaining a healthy weight, you’ll improve your overall health and help prevent and control many diseases and conditions.

How do I get my HealthPoints?

- Complete a weight management program.
- Submit your reimbursement paperwork to the Healthy Lifestyles program. Log on to ibxpress.com for details.
- Once you receive your check, log on to ibxpress.com to see your HealthPoints added to your account.

Visit ibxpress.com or call 1-800-ASK-BLUE (1-800-275-2583) for more information on how you can get healthy and get rewarded with Healthy Lifestyles Rewards.