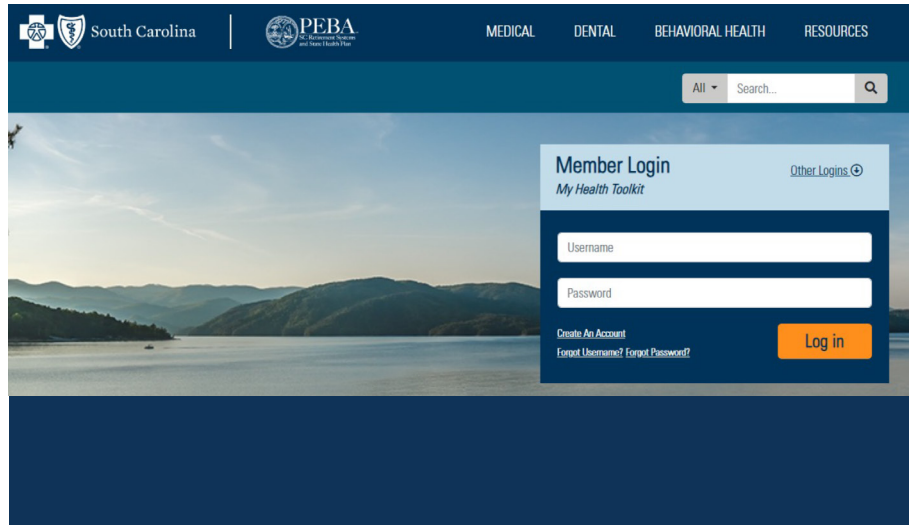


No-Pay Copay how-to guide

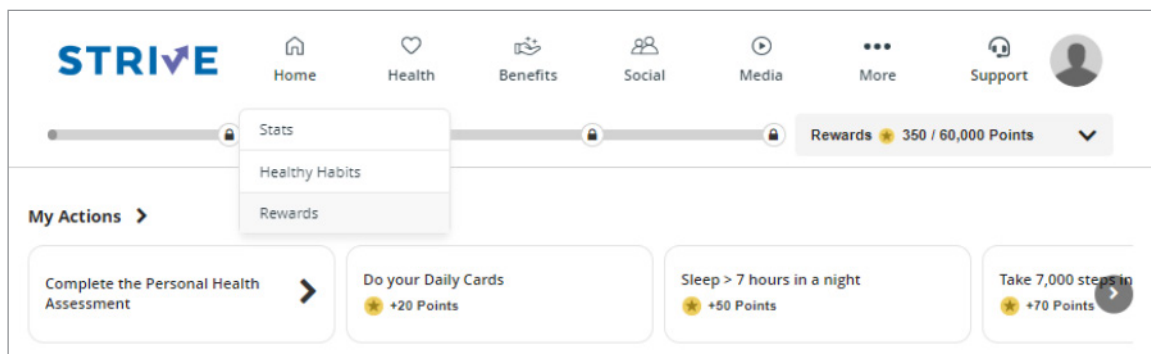
Getting started

1. Log in to your **My Health Toolkit®** account and select **Wellness & Care Management**. Then, select **Wellness Programs** and **Strive** to enroll.
2. Accept the terms and conditions.
3. Once your account is set up, you'll begin with the **Personal Health Assessment**. This is a short, confidential survey.

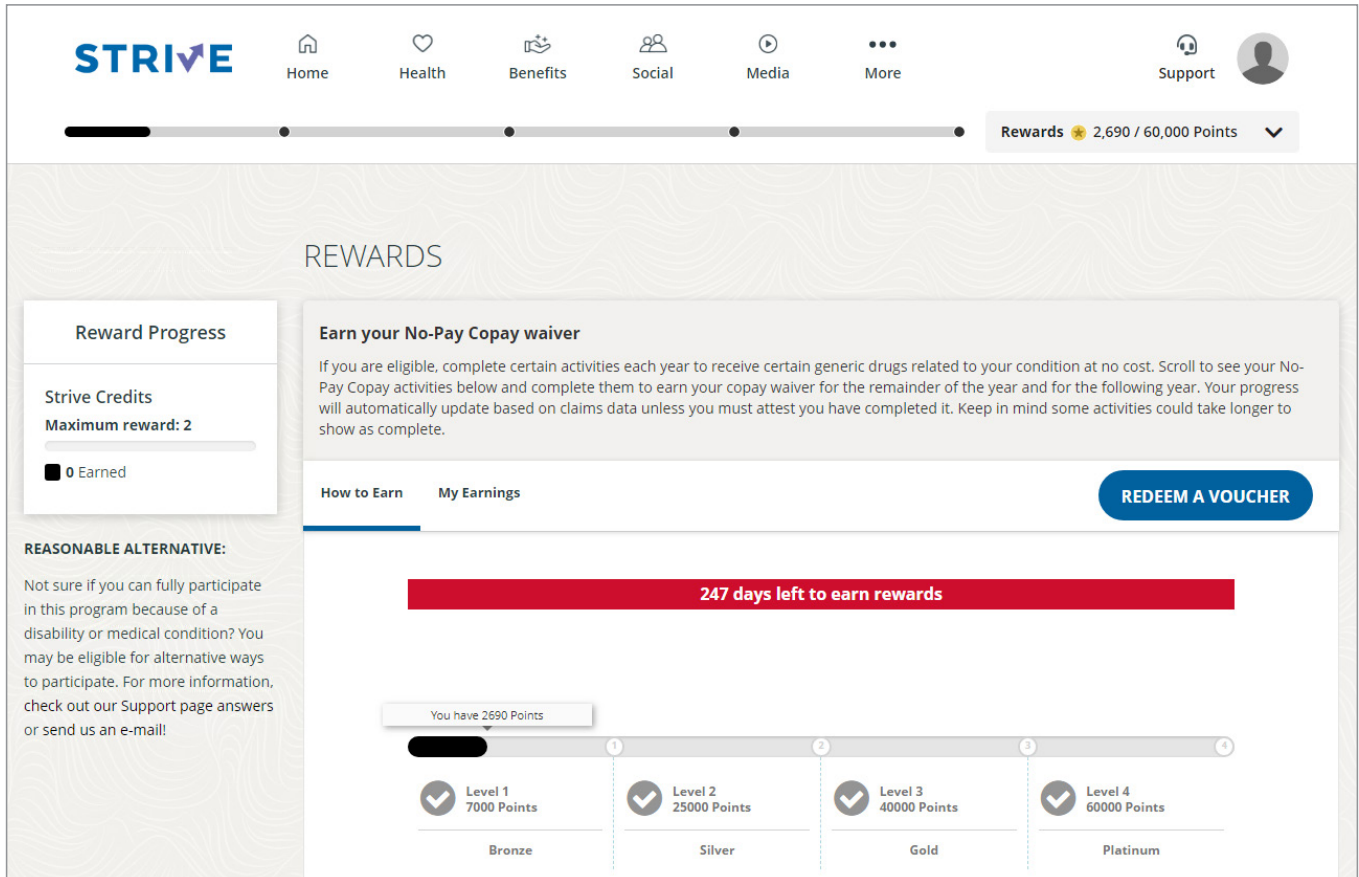


How to participate in No-Pay Copay

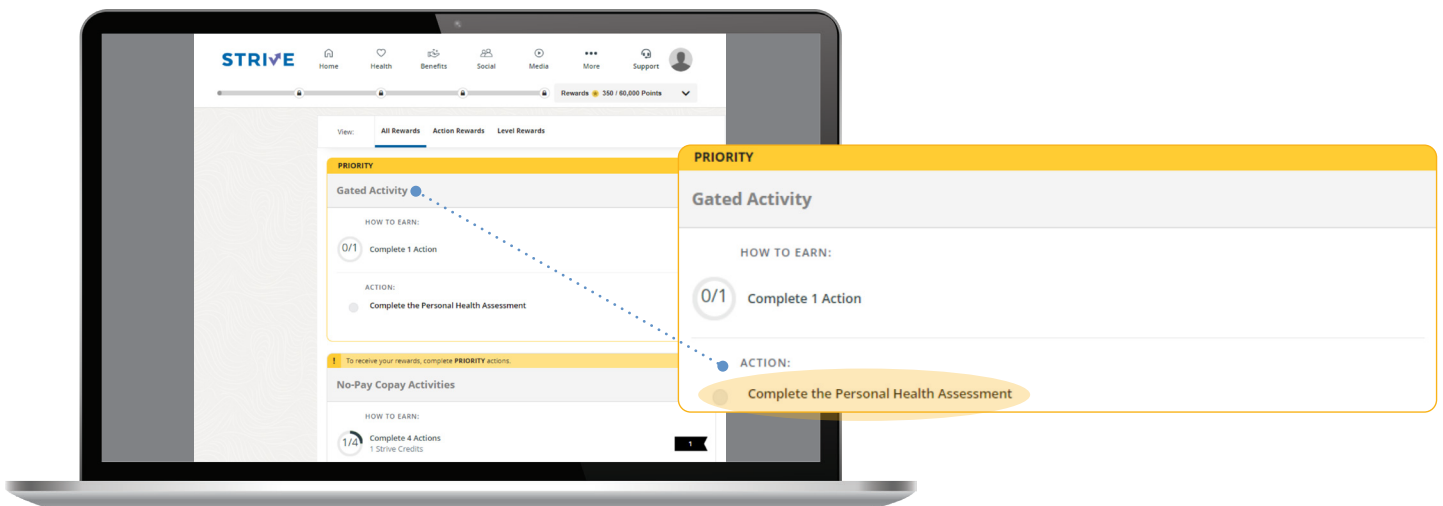
1. On your Strive homepage, select **Home**. Then, select **Rewards**.

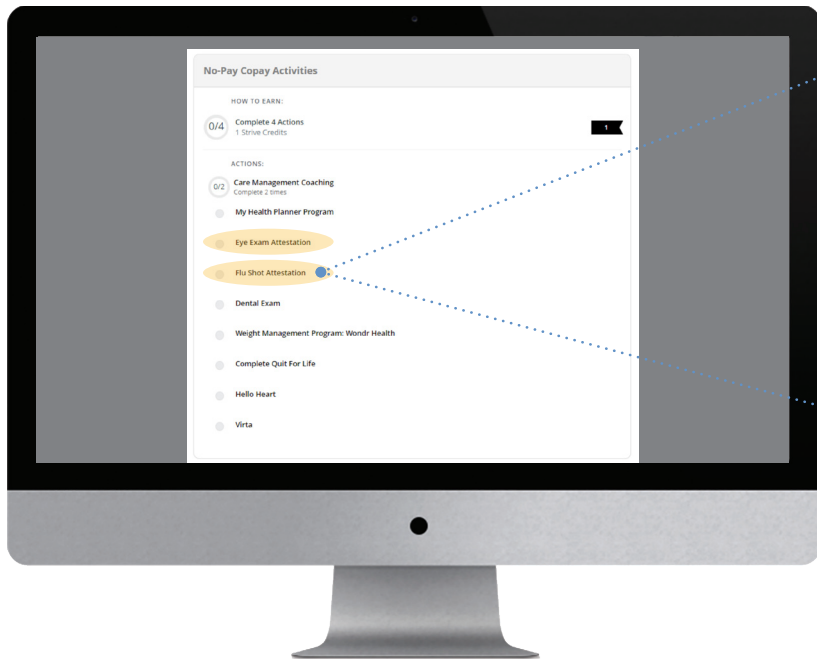


- If you're enrolled in No-Pay Copay, you will see **Reward Progress** on the left side of the screen and a bar indicating how many Strive credits have been earned so far. You'll also see the No-Pay Copay activities at the bottom of the page.
- If you need to enroll in No-Pay Copay, you have two options:
 - Take the **Personal Health Assessment** under **Health**, then **Surveys**. Identify your conditions in the survey.
 - Navigate to the **My Care Checklist** under **Health** to manage and update your health conditions.



- Scroll down to see your No-Pay Copay activities.
- You must complete some activities on the platform to receive credit. Select the activity name to complete it:
 - Personal Health Assessment
 - Eye exam and flu shot attestation





Flu Shot Attestation

Reduce your risk of getting the flu and enjoy better health with your family this season by getting vaccinated. To confirm you got your flu shot, complete the Strive Flu Shot Attestation Form.

Time Remaining: 286 days

[TAKE ME THERE](#)

[View My Earnings](#)

Flu Shot

First Name *

Last Name *

Date of Shot *

* By clicking the box, I confirm that all of the information provided is correct and truthful.

[SUBMIT](#)

5. To earn your copay waiver, you must complete the Personal Health Assessment **and** earn two Strive credits by completing four out of nine No-Pay Copay Activities **and** one out of five Additional No-Pay Copay Activities. Green check marks indicate activities have been completed. Your progress will automatically update based on claims data unless you must attest you have completed it. Keep in mind, some activities could take longer to show as complete.

STRIVE Home Health Benefits Social Media More Support

Rewards 🌟 22,210 / 60,000 Points

REWARDS

Reward Progress

Strive Credits

Maximum reward reached

2 Earned

Maximum reward reached 4/19/2024

Earn your No-Pay Copay waiver

If you are eligible, complete certain activities each year to receive certain generic drugs related to your condition at no cost. Scroll to see your No-Pay Copay activities below and complete them to earn your copay waiver for the remainder of the year and for the following year. Your progress will automatically update based on claims data unless you must attest you have completed it. Keep in mind some activities could take longer to show as complete.

How to Earn My Earnings

[REDEEM A VOUCHER](#)

247 days left to earn rewards

Additional No-Pay Copay Activities

HOW TO EARN:

Completed 1 Strive Credits

ACTIONS:

Health Check-Up

Lipid Panel

A1c Blood Test

Diabetes Neuropathy Screening

Diabetes Serum Creatinine Test

No-Pay Copay Activities

HOW TO EARN:

Completed 1 Strive Credits

ACTIONS:

Care Management Coaching

My Health Planner Program

Eye Exam Attestation

Flu Shot Attestation

Dental Exam

Weight Management Program: Wondr Health

Complete Quit For Life

Hello Heart

Activities for Strive credits

Priority activity—You must complete this activity to unlock your Strive credits.

Activity	Additional information	When it will show as completed
Personal Health Assessment	Complete this activity on the platform by navigating to Health, then Surveys. It will take about 10 minutes.	Immediately after you complete the assessment

No-Pay Copay activities—Complete four out of nine.

Activity	Additional information	When it will show as completed
Care Management Coaching	You need to complete two coaching interactions. This means you either complete one telephonic coaching call or three bidirectional messages via My Health Planner SM with your care management coach.	Up to 14 days after completion
My Health Planner Program Completion	Complete a foundational or supplemental My Health Planner program. Contact your care management coach for more information.	Up to 14 days after completion
Eye Exam Attestation	Complete this on the platform by entering the date you received an eye exam.	Immediately after you enter the date
Flu Shot Attestation	Complete this on the platform by entering the date you had your flu shot.	Immediately after you enter the date
Dental Exam	Your dentist will send verification to BlueCross BlueShield of South Carolina.	Up to 14 days after your dentist files the claim
Quit For Life [®] Program Completion	Complete the Quit For Life program.	Up to 30 days after you complete the program
Wondr Health [™] Program	Complete five sessions of the Wondr Health program.	Up to 30 days after you complete your fifth session
Virta	Claims-based; participate in Virta for one month and a claim will be sent to BlueCross [®] BlueShield [®] of South Carolina.	Up to 30 days after activity completion
Hello Heart	Participate in Hello Heart for one month.	Up to 30 days after activity completion

Additional No-Pay Copay activities—Complete one out of five.

Activity	Additional information	When it will show as completed
Health Checkup	Your doctor will send verification to BlueCross.	Up to 14 days after your physician files the claim
Lipid Panel		
A1C Blood Test		
Diabetes Neuropathy Screening		
Diabetes Serum Creatinine Test		

How do I get my copay waiver?

Once you complete your two Strive credits, BlueCross will notify Express Scripts to activate your copay waiver for you to receive certain generic drugs related to your condition at no cost. It can take up to 45 days for the incentive to activate, depending on when you complete your two Strive credits.

The copay waiver is valid for the remainder of the year and the following year. Next year, complete the program activities again to ensure your copay waiver never ends.

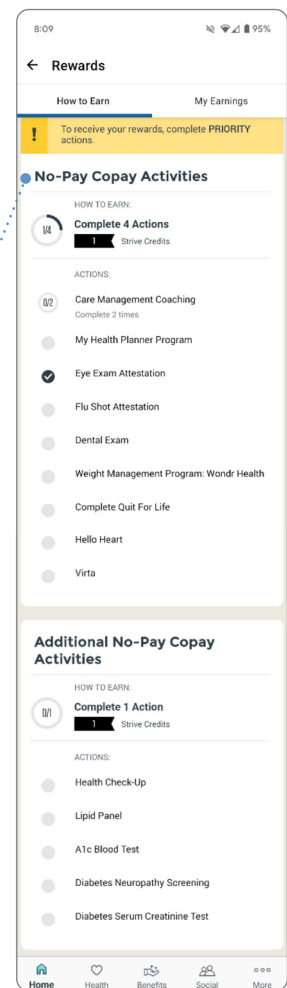
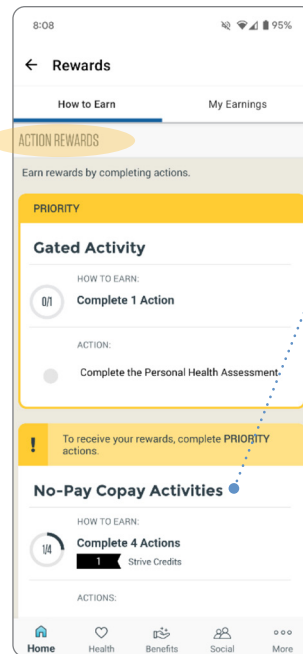
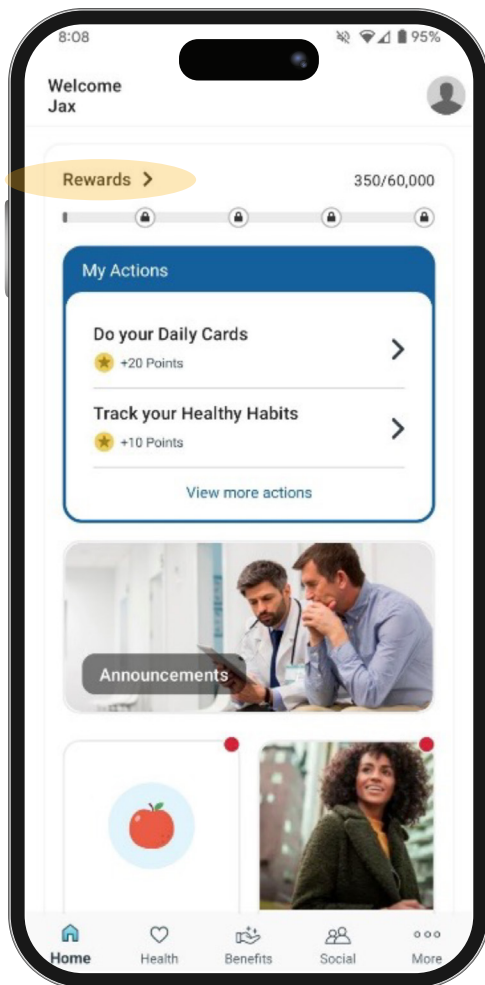
Have questions about Strive?

- ◆ Check out the live chat at Support.VirginPulse.com Monday-Friday, 2 a.m.-9 p.m. Eastern Standard Time (EST).
- ◆ Give Virgin Pulse a call at **855.944.2058** Monday-Friday, 8 a.m.-9 p.m. EST.
- ◆ Send an email to Support@VirginPulse.com.

Strive mobile app

1. Once you've created your Strive account, you can download the Virgin Pulse app and take Strive on the go. When you log in, you will see your home dashboard. To see No-Pay Copay activities, choose **Rewards**.

2. Scroll down past Action Rewards to see the No-Pay Copay activities.



BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross Blue Shield Association.
Strive is powered by Virgin Pulse, an independent company that provides a health and wellness platform on behalf of the State Health Plan.
Express Scripts is an independent company that contracts directly with the State Health Plan.