

Cooper Physical Well-Being Program & Discounts

Thrive 365

As part of our commitment to our Thrive365 program, we offer a **fitness incentive program through Horizon**. Medical coverage under the Cooper Basic, Core and Standard PPO Plans includes a sole individual wellness program, offered through Horizon Blue Cross Blue Shield of New Jersey. The wellness program are designed to help you and your families achieve and maintain good health. You can access wellness program materials electronically through the Cooper Policy Network (CPN).

Get fit with HorizonbFit

When you enroll in the HorizonbFit **fitness incentive program**, you can earn up to **\$240 per year in rewards**. All members enrolled in the medical plan age 18 and over are eligible to participate in the fitness incentive program. Earn a \$20 reward for every month in which you:

- Work out at home 12 or more days a month, and record and submit your workout using the Fit-At-Home feature; or
- Walk 10,000 steps a day for at least 12 days a month; or
- Visit one of 4,000 participating fitness facilities 12 or more days a month; or
- Complete any combination of visiting a participating facility, working out at home or walking 10,000 steps for a total of at least 12 days a month.

ActiveFit™, HorizonbFit's free mobile app, makes syncing your step count and tracking your gym visits easy. Download the app for free from the App Store or Google Play. Enrolling is free and easy at HorizonbFit.com. You can verify your eligibility using your Horizon member ID number to set up your account.

For questions about the HorizonbFit program, call 201.351.7850, option 1.

Save with Blue365

The Blue365 discount program saves you money on products and services that can help you live a well-balanced lifestyle. Blue365 discounted offers help you stay active, while saving money through popular retailers nationwide. Save on:

- Cookbooks, meal plans and nutrition programs
- Fitness clothing and equipment
- Child safety products
- Glasses and contacts
- Health magazines
- And much more!

The Blue365 premier health and wellness discount program is free to join. To learn more or enroll, visit www.blue365deals.com.

