

Strive+ Activity Coupon

Fill out this coupon and send it to us by January 15, 2027.

We'll mail your Walmart Select Grocery® gift card(s) to the address below within 4-6 weeks after your request is received. Please print your information.

Name: _____

Address: _____

City, State, ZIP Code: _____


Date of Birth: _____

Check the box and enter a completion date next to each activity you completed between January 1, 2026 and December 31, 2026:

☐  Annual Wellness Visit
____ / ____ / 26


☐  Breast Cancer Screening
____ / ____ / 26


☐  Diabetic Retinal Eye Exam
____ / ____ / 26

☐  Colorectal Cancer Screening
____ / ____ / 26

☐  Flu Shot
____ / ____ / 26

☐  Physical Activity
____ / ____ / 26

☐  Participate in a Wellness Event
or Educational Activity
____ / ____ / 26

☐  Health Assessment *
* This activity is not self-reported.
Our team will record it for you.

If you need a doctor, visit bcbsks.com/medicare and click on “Find a Provider” or call Customer Service at 800-222-7645 from 8 a.m. to 8 p.m. Central Time. Call seven days a week from Oct. 1 to Mar. 31 or Monday through Friday from Apr. 1 to Sept. 30.

One gift card per member per activity. The maximum reward amount redeemed for 2026 completed activities is capped at \$150 per member.

Misplaced the prepaid envelope? Mail the form to:
Blue Cross and Blue Shield of Kansas

1133 SW Topeka Blvd, cc: 681, Topeka, KS 66629

If you have questions about Strive+, please call WebMD Customer Service at 888-383-8754 (TTY 711) from 8:30 a.m. to 8 p.m. Eastern Time, Monday through Friday.

Blue Cross and Blue Shield of Kansas offers PPO plans with a Medicare contract. Enrollment depends on contract renewal. Blue Cross and Blue Shield of Kansas Medicare Advantage plans are available within a limited number of Kansas counties. Other physicians or providers are available in the plan’s network.

WebMD is an independent company contracted by Blue Cross and Blue Shield of Kansas to provide an incentive program. This rewards program is separate from any over-the-counter benefits you may receive as part of your Blue Cross and Blue Shield of Kansas health care plan.