



BlueCross BlueShield
Kansas

Strive+ Activity Coupon

Complete healthy activities and enjoy a reward! Simply fill out the coupon and mail it by January 15, 2027. 2026 Rewards can not be processed if received after January 29, 2027.

Once we receive your completed activities, we'll send your Walmart Healthy Living gift card(s) to the address below within 4–6 weeks. Please print your information clearly to avoid delays.

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. Complete online, over the phone or by mail.

Blue Cross and Blue Shield of Kansas members can use the Strive+ portal to log completed activities, complete the annual health assessment, and explore tips for staying healthy. Visit bcbsks.com/ma-strive to register and start earning rewards.

Prefer to talk to someone or need a little help? WebMD Customer Service is available to help you report completed activities, fill out your health assessment by phone, or assist with Strive+ registration. Call **888-383-8754 (TTY 711)**, Monday through Friday, 7:30 a.m. to 7 p.m.



Activity/service	How to get rewarded	Reward amount
Annual wellness visit	Complete an annual wellness visit* or physical exam. Your plan covers both at no cost but only one gift card per calendar year.	\$50
Breast cancer screening	Schedule and complete a breast cancer screening mammogram.	\$40
Colorectal cancer screening	Complete a colorectal cancer screening. This could be via a colonoscopy or an in-home test kit.	\$40
Health Assessment	Complete your Health Assessment within your Strive+ portal, by phone or by mail.	\$20
Diabetic retinal eye exam	Complete a diabetic eye exam. The provider should dilate your eyes to check on the health of your retina and blood vessels.	\$10
Flu shot	Get your flu shot from your provider's office or in-network pharmacy	\$10
Physical activity	Complete a fitness activity such as a 5k walk or run, exercise classes, or the Strive+ 28 day Fitness Daily Habits challenge. You can track activities with the WebMD Fitness Tracker.	\$10
Wellness Education Activity	Complete an educational activity such as a nutrition class.	\$10

*Are you new to Medicare? Instead of an annual wellness visit, get a "Welcome to Medicare" visit once within your first 12 months of Part B.

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. Mon.-Fri., with weekend hours from Oct. 1-March 31.

One gift card per member per activity. The average maximum reward amount for activities completed in 2026 is \$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

Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association.

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.