

## Healthy Lifestyles

# Introducing Healthy Lifestyles!



We value you, your work and your well-being. That's why we are offering Healthy Lifestyles to all employees and their dependents (age 18 and older) ... for FREE.

### With Healthy Lifestyles, you can:

- Take a private Well-Being Assessment (WBA) that will be used to build a well-being plan.
- Add a variety of custom trackers to keep tabs on exercise, stress, weight, how much water you drink and more.
- Set reminders to track your activity.
- Share your activity on social networks such as Facebook, and track your progress on the go with the easy-to-use wellbeingGO app for your iPhone, iPod Touch or Android.
- Find simple, healthy recipes your whole family will enjoy.

You can choose any three of the following focus areas for your well-being plan: exercise and fitness, healthy eating, weight management, quitting tobacco, stress management and more.

And all it takes to get access to Healthy Lifestyles is about 20 minutes to finish your WBA.

**Log in to [anthem.com](http://anthem.com) and sign up for Healthy Lifestyles today!**

### Sign up today:

1. Go to [anthem.com](http://anthem.com) and log in using your Anthem user name and password.\*
2. Select the **Health & Wellness** tab.
3. To access Healthy Lifestyles, select **Get started** > under the Healthy Lifestyles section.
4. Accept the terms and conditions and take the Well-Being Assessment to get started.
5. Congratulations! You now have the tools and resources to help you reach your goals.

\*If this is your first visit to [anthem.com](http://anthem.com), select **Register Now** and follow the registration screens. Once you've registered, log in to get started.



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