

## Find MyHealth@Anthem on anthem.com

Good health means something different to everyone. From ramping up your workout to snuffing out cigarettes, MyHealth@Anthem on anthem.com can help you improve your health outlook. Find the information, tips and tools you need to help you take control of your health — and make smart health care decisions.

### Plot your course

**MyHealth Assessment** prompts you to take an honest look at your health. Get acquainted with your personal risk factors. Read a doctor's summary. And get specific action steps you can take to help reduce your risks — and improve your health.

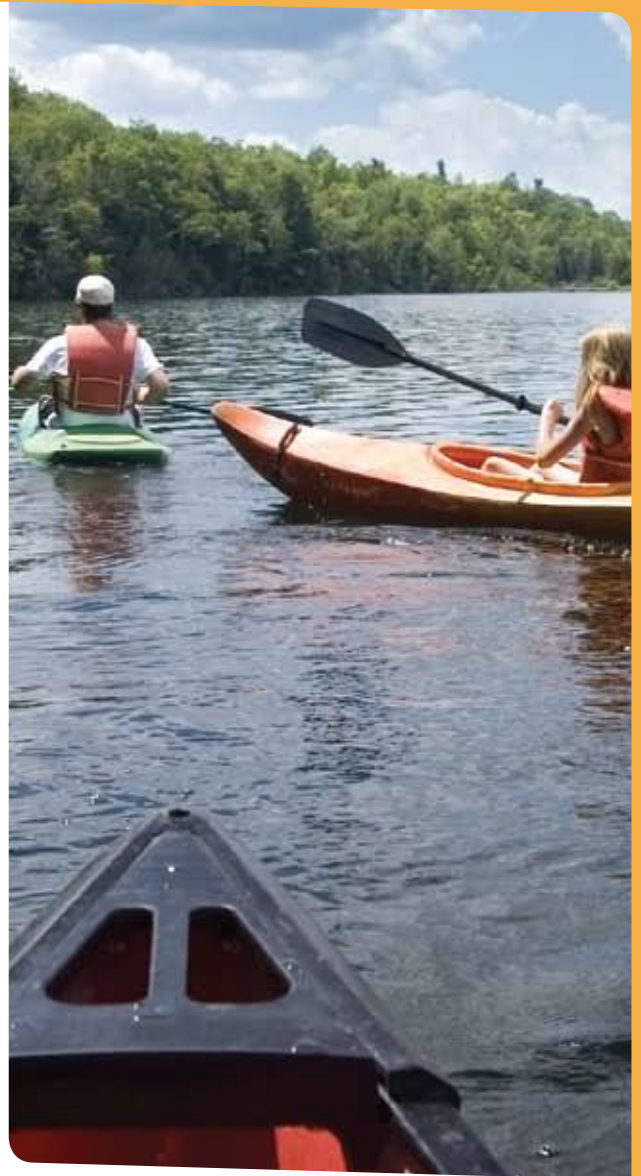
### Create a new record

**MyHealth Record** lets you access and manage your records — privately and securely — over the Internet. View your medical claims. Find your records in one convenient, well-organized place. Keep track of when you're due for health screenings. Many members have relied on MyHealth Record to help share health information with caregivers away from home or during emergencies.

### Find help along the way

Stressed out? Battling the bulge? Trying to get a grip on cholesterol? **The Lifestyle Centers** point you to the information that matters to you. Find the support that can help you make important changes — or stay on top of chronic concerns. Not sure where to begin? Check the recommendations at the end of your MyHealth Assessment. They're based on your answers. Your health. Your life.

Find the information, tips and tools you need to help you take control of your health — and make smart health care decisions — at MyHealth@Anthem. Read a little about some popular tools on the back. Then check them out for yourself online at anthem.com.



## Stay on track

MyHealth@Anthem comes loaded with tools that make it easy (maybe even fun) for you to keep tabs on your health. These guideposts help keep you informed and inspired.

- *Use Health Trackers* to gauge key measures like your cholesterol, blood pressure — even your weight and waist measurements.
- *Surf the Health Channels* or browse more than 30 Condition Centers. From children's health to life after 50. Allergies to women's health. You're bound to find it here.
- *Kick the habit* — at your own pace — with the Ready, Set, Stop! smoking cessation program.
- *Use The Symptom Checker* to dig up clues about what could be causing those aches, pains and twinges.
- *Make more informed decisions with the Healthcare Advisor™*. Compare hospitals. Research conditions and procedures. Estimate treatment costs, check for potential drug interactions and more.
- *Find information and support* — anonymously — at our Online Communities. Connect with people you can relate to, who are going through similar experiences. Discuss issues like: smoking, pregnancy, diabetes, depression, diet and nutrition, and many other topics.
- *LEAP® to a higher level of fitness*, whether you're a current couch potato or an elite athlete. This Lifetime Exercise Adherence Program — created by an Olympic coach — is like having a personal trainer 24/7. Set goals and track your improvements. Get personalized exercise plans that adjust as your routines change. Stay motivated. Try it!

## TAKE THE FIRST STEP. VISIT ANTHEM.COM TODAY.

**Although you can combine these tools any way you want to create your own health solution, here's an easy way to get started.**

1. Simply log in at [anthem.com](http://anthem.com) and click on MyHealth Assessment on the Overview Page.
2. Check out the Lifestyle Centers suggested at the end of your assessment.
3. Open your MyHealth Record; some of your health assessment answers are automatically recorded there so it's easy for you to begin using — if you choose.

**There's more to MyHealth@Anthem than we could ever cover here. The only way to discover all the ways it can help you is to log in and start exploring.**

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.

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