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 Well-Being Connect mobile 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.

Earn 3,000 points today when you take your WBA and set up your well-being plan. Once you reach 3,000 points, you’ve earned your first reward – and you’re on your way to bigger rewards and better health. Then, keep using Healthy Lifestyles to earn more rewards at 5,000 and 10,000 points.

Sign up for Healthy Lifestyles and take your WBA and get started:

1. Visit anthem.com and log in or select Register Now to create your account.
2. Once logged in, click on the Health & Wellness tab.
3. Select Get Started under the Healthy Lifestyles section.
4. Accept the Terms & Conditions.
5. Select Well-Being Assessment and then complete your well-being plan.
6. Congratulations – you’ve earned 3,000 points!