



2014
Healthy Lifestyles
and
Health Rewards

Healthy Lifestyles Program Components

- Take your Health Assessment Tool (HAT) called the “Well-Being Assessment” and receive a \$200 Health Reimbursement Arrangement (HRA)
- Create a well-being plan based on the results of your HAT and your own personal goals
- Get access to wellness resources, including videos, articles, healthy recipes, online health coaching and more
- Connect with people using social media and challenges

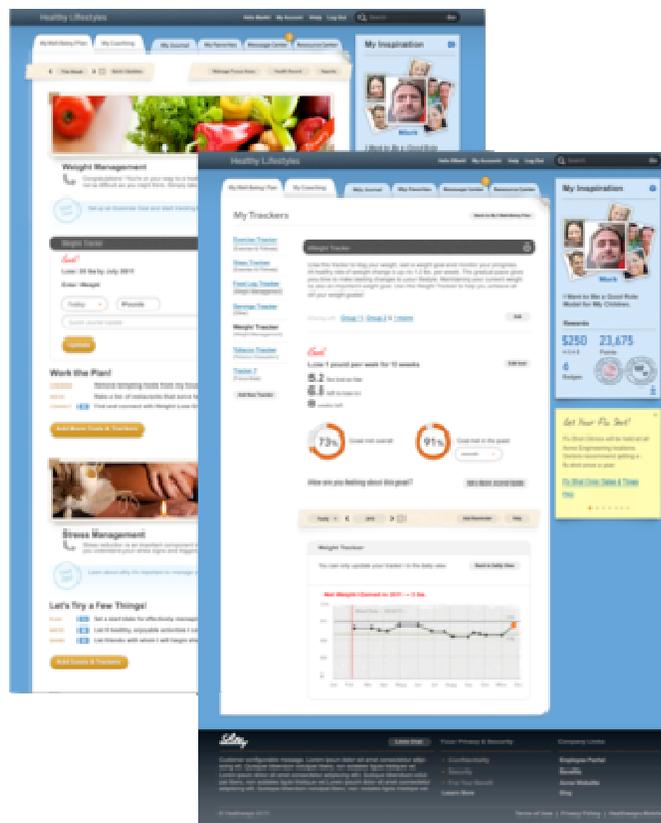
Health Rewards Program Components

- Rewards employees for living a healthy lifestyle
- Employees can earn Health Rewards for activities such as:
 - Know Your Numbers Health Screening
 - Participating in Fitness and Nutrition Activities
 - Completing the Employee Health Education Program
 - Getting an Annual Check Up with a Health Provider
 - Getting a Flu Vaccination
 - Tobacco Free

Healthy Lifestyles Online Well-Being Improvement Solution

FEATURES

- Personalized member home page
- Self-improvement planning that includes suggestions and goals to manage stress, anxiety, exercise and nutrition
- Health and wellness practices, references, recipes and self-care tips for all family members
- Access to QuitNet, a comprehensive, Internet-based approach to tobacco cessation that includes an online community of more than 1 million members
- E-mail and website reminders for vaccinations
- Online health coaching from certified personal trainers, registered dietitians and accredited psychologists - all available to answer member questions
- Based on user input, integrated assessment data and behavior change science, the site presents tailored Well-Being Plans



Fully integrated platform designed specifically to support fitness, nutrition, tobacco cessation, preventative healthcare and other aspects of health and well-being

Healthy Lifestyles wellbeingGO™ iPhone, iPod Touch, Android App



Healthy Lifestyles

**Accessing
Healthy Lifestyles
via [anthem.com](https://www.anthem.com)**

Go to anthem.com and log in using your Anthem username and password.

The screenshot shows the Anthem website homepage. At the top, there is a navigation bar with links for Providers, Employers, Agents/Brokers, State Sponsored, and Federal Employee Program (FEP). Below this is the Anthem logo and a home icon. The main navigation bar includes 'Shop For Insurance', 'Health & Wellness', and 'Customer Support'. A large banner features the text 'It's easy, convenient. Manage your health care simply online. Register now.' with a background image of a woman in a green sweater looking at a laptop. To the right, the 'MEMBER LOG IN' section is circled in purple, containing two input fields, a 'Register Now' button, a 'LOG IN' button, and links for 'Learn more about Secure Log in' and 'Forgot Username or Password'. Below the login section are 'USEFUL TOOLS' including 'FIND A DOCTOR', 'REFILL A PRESCRIPTION', and 'CHECK CLAIM STATUS'. At the bottom, there are sections for 'Get a Free Instant Quote', 'In the News', and 'Social Summer Games'.

If this is your first visit to anthem.com, select **Register Now** to complete the registration screens. Once you've registered, log in to get started.

Select the **Health & Wellness** tab.

The screenshot shows a user interface with a top navigation bar containing three tabs: 'Benefits & Claims', 'Health & Wellness', and 'Customer Support'. The 'Health & Wellness' tab is highlighted with a purple oval. Below the navigation bar is a secondary bar with 'Overview' and 'Profile' options. The main content area is divided into two columns. The left column features a 'Welcome,' message with a 'Go Paperless, Go Green' campaign icon and a 'Learn more' link. The right column features a 'Message Center' section with an envelope icon, a description of the secure message center, a list of features (sending messages, checking status, including attachments), and a 'Go to Message Center' link. Below these sections is a 'Benefits' section with sub-tabs for 'Health' and 'Pharmacy', and a 'View All Benefits' link. The 'Active Coverage' section lists fields for 'Eligibility Start Date:', 'Member ID:', 'Group Name:', and 'Group:'. The 'Who Else Is Covered?*' section includes a disclaimer, a sub-section for 'Covered dependents under 18 years old', a person icon, and a 'Health | Pharmacy' link.

Benefits & Claims **Health & Wellness** **Customer Support**

Overview Profile

 **Welcome,**

 **Go Paperless, Go Green**
Every little bit counts. Reduce clutter and help our environment.
[Learn more](#)

 **Message Center**
The secure message center is now easier to use!

- Send messages to our Customer Support Representative
- Check status and view responses to questions you've sent
- Include attachments with your messages

[Go to Message Center](#)

Benefits [Health](#) | [Pharmacy](#) [View All Benefits](#)

Active Coverage

Eligibility Start Date:

Member ID:

Group Name:

Group:

Who Else Is Covered?*

*Other adults on your plan may not be shown here unless they give you permission in the User Profile of their own secure Member Log In.

Covered dependents under 18 years old

 [Health](#) | [Pharmacy](#)

To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

The screenshot shows a website interface with a top navigation bar containing 'Benefits & Claims', 'Health & Wellness', and 'Customer Support'. Below this is a secondary navigation bar with 'Overview', 'Wellness Tool Kit', and 'Improve Your Health'. The main content area features a '360° Health Philosophy' section with a list of links. Below this are three columns: 'Health Assessment' with a score of 90 and a 'View my HA now >' link; 'Healthy Lifestyles' with a list of actions and a 'Get started >' link circled in purple; and 'Health & Wellness in Your Area' with a link to 'Journey Forward - Tools and Resources for Cancer Survivors'.

Benefits & Claims **Health & Wellness** **Customer Support**

Overview Wellness Tool Kit Improve Your Health

360° Health Philosophy

- What is 360° Health?
- See 360° Health in Action



Health Assessment

Now that you have completed or updated your MyHealth Assessment, see how your health compares to others in your age group by clicking on the link below to view your personalized summary.

Want to improve your health? Try the fun, interactive tools available in your personalized summary to see which changes will do the most to raise your score.



Score 90

[View my HA now >](#)

Healthy Lifestyles

Gain control of your health.
With Healthy Lifestyles you can:

- Set practical goals
- Create fitness, nutrition and stress management plans tailored to your lifestyle
- Report your activity and track your progress
- Start a tobacco cessation program -- and quit for good
- Access expert health coaches and various online resources to help you reach your health goals.



[Get started >](#)

Health & Wellness in Your Area

[Journey Forward - Tools and Resources for Cancer Survivors](#)

Accept the Healthy Lifestyles Terms & Conditions and click **Submit**. Congratulations, you're registered!

Healthy Lifestyles

Welcome to Well-Being Connect

Welcome Jane Smith

TERMS OF USE AND NOTICE OF PRIVACY PRACTICES

This website and the services offered through this website (collectively, this "Site") are operated and maintained by Healthways, Inc. and/or its affiliates (collectively, "Healthways"). **Please read this agreement carefully before using this Site.** Healthways provides Internet-based patient health care information on this Site. By accessing or using this Site in any way, including, without limitation, browsing this Site, using any information, and/or submitting your personal information to Healthways, you signify your understanding of and agreement to be bound by the terms, conditions, policies and notices contained on this page (these "Terms of Use"), including but not limited to, conducting this transaction electronically, disclaimers of warranties, damage and remedy exclusions and limitations, and a choice of Tennessee law. Also, you agree that Healthways and your health plan may use information that you supply to Healthways for the purpose of providing you with personalized health information through this Site.

This Site is designed for educational purposes only. It is intended to supplement, not to replace, consultation with a physician. You should not use information from this Site to diagnose or treat a health problem or disease. Healthways and your health plan encourage you to consult your health care provider with any questions or concerns you may have regarding your condition. The information contained on this Site is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. If you have questions about the drugs you are taking, check with your doctor, nurse, or pharmacist.

Healthways retains all copyrights and other proprietary rights in or relating to this Site. Except for downloading and printing a small number of copies of the content for your personal use only, you may not sell, transfer, reproduce, transmit, distribute, perform, or display any portion of this Site without the express written consent of Healthways.

Healthways may revise and update these Terms of Use at any time. Please periodically review these Terms of Use as posted on this Site because your continued use of this Site after changes to these Terms of Use have been posted will mean that you accept those changes.

I Accept the Terms & Conditions

Submit

Select **Well-Being Assessment (HAT)** to get a complete picture of your current health status and recommendations to improve it.

The screenshot shows the 'Healthy Lifestyles' website interface. At the top, there is a navigation bar with 'Hello Fnmwptestw!' and 'Log Out'. The main content area features a section titled 'What inspires you to improve your health?' with a sub-header and a paragraph of text. To the right of this text is an image of a woman and a child looking at a laptop. Below this is a section titled 'Three Steps to Well-Being' with three columns: 'Step 1 Assess Your Current Well-Being', 'Step 2 Your Health Assessment Results', and 'Step 3 Get Started on Your Plan'. Each step has a brief description and a corresponding button: 'View a Sample Report', 'See a Sample Well-Being Plan', and 'See Sample Tools'. At the bottom, there is a section titled 'Take your first step now.' with a sub-header and a list of assessment options. The 'Well-Being Assessment' button is highlighted with a purple circle.

Healthy Lifestyles Hello Fnmwptestw! Log Out

What inspires you to improve your health?

My Healthy Lifestyles gives you tools, suggestions and inspiration to help you get healthier – which might just make you happier. It's a fun, smart way to overcome obstacles, track your progress throughout the year, and most of all, stay inspired. Step by step, you can improve the way you feel. The very first step is figuring out where you are right now.



Three Steps to Well-Being

<p>Step 1 Assess Your Current Well-Being</p> <p>Help us learn about your current state of well-being by answering some questions.</p> <p> View a Sample Report</p>	<p>Step 2 Your Health Assessment Results</p> <p>Based on your answers, we'll recommend specific areas for you to work on to improve your health and well-being.</p> <p> See a Sample Well-Being Plan</p>	<p>Step 3 Get Started on Your Plan</p> <p>Get personalized support and motivation to help you achieve your well-being goals.</p> <p> See Sample Tools</p>
--	--	---

Take your first step now.

Choose the assessment you would like to take:

[Well-Being Assessment](#) →

Select **Start** and answer the questions for each section.

Healthy Lifestyles Hello Fntestbgcc! Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Healthways Well-Being Assessment™

Labs & Biometrics	Life Evaluation	Emotional Health	Physical Health	Work Environment	Healthy Behavior	Basic Access	More About You	Productivity	Employment History
Start									
1	2	3	4	5	6	7	8	9	10

This is the first step on your personal path to a happier, healthier you.

The Healthways Well-Being Assessment™ is designed to help us get a good sense of where you are right now, so we can do the best possible job of recommending specific areas for you to work on to improve your health and well-being. It takes about 30 minutes to complete, and your answers are completely confidential.

Click **View Full Report** or download a PDF. After you've reviewed your results, select **Create Your Well-Being Plan**.

Healthy Lifestyles Hello Fntestbgccl Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Your Well-Being Assessment Results

 Life Evaluation	 Emotional Health	 Physical Health	 Healthy Behavior	 Work Environment	 Basic Access
					

Legend: Your Lifestyle

-  Helping Your Well-Being
-  Hurting Your Well-Being
-  No Impact on Well-Being

How You're Doing

Next: Now it's time to create your Well-Being Plan.

Congratulations! You've completed your first step toward a healthier life.

[Create Your Well-Being Plan](#)

Summary of Results

These are your scores and results. You can see how you are doing in each area. View the full report for all the details. No matter what your results are, you deserve our congratulations! You're well on your way to better health and well-being.

[View Full Report](#)

[Download PDF](#)

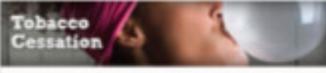
Healthy Lifestyles will show the areas that the program can help address. Use the radio buttons to indicate interest in working on each area and click **Next**.

Healthy Lifestyles Hi! Fran@pschelpthirtyeight Log Out

What You'll Work On

Your Well-Being Plan will be more successful if it includes things that you really want to work on. Here are areas that we can help you address. Indicate the ones you might be willing to work on (or are already working on).

Focus Areas Recommended For You

	Doesn't Apply To Me	Thinking About It	Getting Ready	Making a Plan	Taking Action	Staying on Course	Not Sure?
 Appointment Adherence	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
 Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide
 Self Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Help Me Decide
 Stress Management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
 Tobacco Cessation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide

Select from more focus areas ▼

Next ➔

Based on the information provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.

Healthy Lifestyles Hello Fromgpestwlpshirtyesht! Log Out

Focus Your Efforts

Based on the information you've given us, we've suggested three Focus Areas, with one as your primary Focus Area. To change or re-prioritize your Focus Areas, use the "Add", "Remove" or "Make Primary" buttons.

Note: You may find that some Focus Areas are not available to you. This could be because the information we have about you suggests this is not an area you need to focus on at this time. Also, selecting one area may prevent you from selecting another area.

My Well-Being Plan

My Primary Focus Area Use Recommended Plan ⓘ

Primary Focus Area
Exercise & Fitness

My Connected Focus Areas

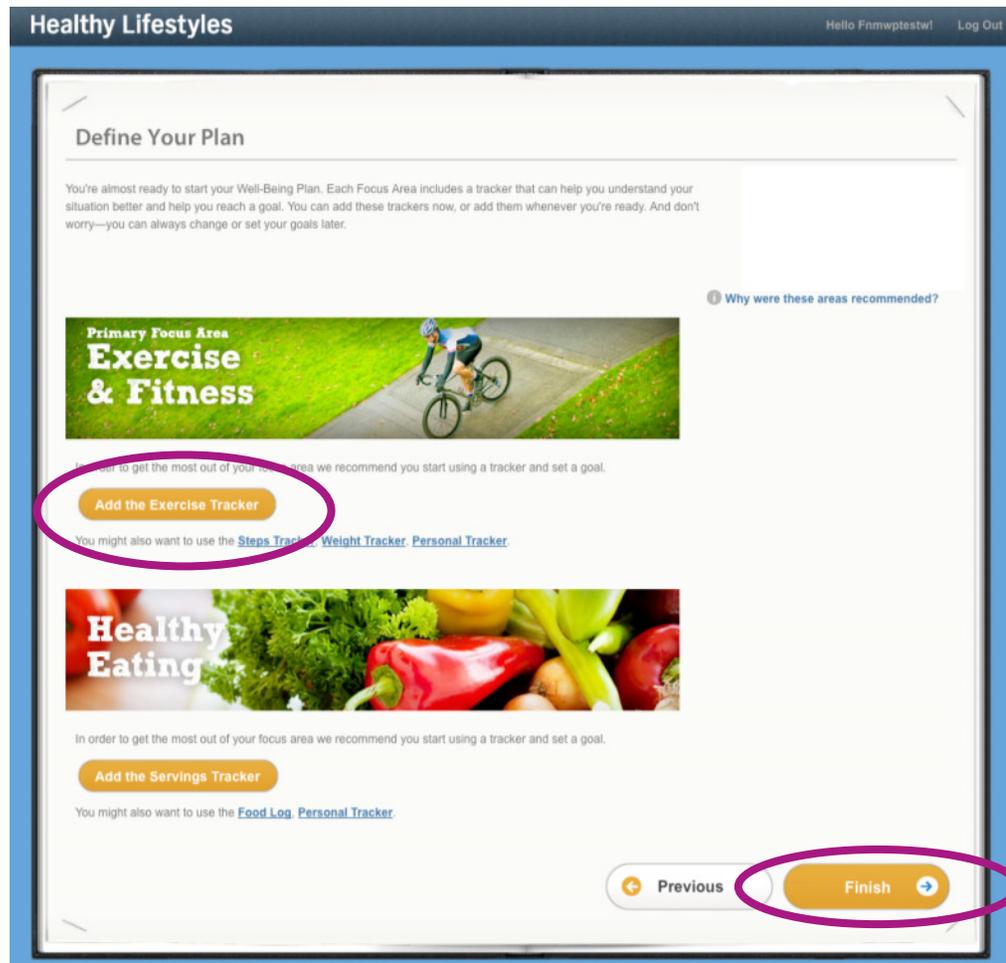
Healthy Eating **Tobacco Cessation**

Other Available Focus Areas

Appointment Adherence **Stress Management**

Previous **Next**

You can choose to add the trackers that support your focus areas here, or add them at a later time. After trackers are chosen, click **Finish** to complete the well-being plan setup.



Congratulations, you can start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

The screenshot shows the 'Healthy Lifestyles' website interface. At the top, there is a navigation bar with the user's name 'Hi to Michael!', links for 'Messages', 'My Account', 'Help', 'Español', and 'Log Out', and a search bar. Below the navigation bar are four tabs: 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', and 'Resources & Tools'. The main content area is divided into several sections:

- Resources & Tools:** A large banner featuring an apple and a colorful wheel.
- Health Records:** A section with a 'Keep Track' button and a description: 'Review and update your health resources, lab results, vaccinations, screenings, and medications. You can also update your Lifestyle Profile where you tell us about yourself so we can help you focus your efforts towards well-being.'
- Assessments & Reports:** A section with a 'Review' button and a description: 'See the big picture about your health if you've taken a health assessment you'll find the reports here. You'll also see links to the health assessments available for you to take.'
- My Journal:** A section with a 'Write Now' button and a description: 'Use your journal to capture your thoughts about your well-being plan and record other things that are important to you. You can also make your journal updates to share with others.'
- My Inspiration:** A sidebar section with a 'Sort' button, a photo of a beach chair, a 'Personal Target' (I want to be a role model to my girls), a 'Badges' section with a 'Participatory' badge, and a challenge: 'Challenge: Participate 150 in Nifty Exercise Challenge - 11/13 to 3/31/13'.
- Make time to fit in fitness:** A yellow box with text: 'You can split up exercise into three 10-minute segments. Yoga before your shower, a walk at lunch and some crunches before bed. Done!'.

Anthem Health Rewards

An easy guide to get you started.



- Program runs on a calendar year basis and begins on 1/1/2014.
- Employees must complete the Health Assessment Tool (HAT) to be eligible for rewards on or after 1/1/2014. HAT is the same.
- Employees can choose up to a maximum of three activities of the six activities that will be available and redeem up to 300 points/\$300 dollars in a calendar year.
- For each 100 points earned a \$100 gift card can be redeemed (Troopers, NEPBA, Teamsters) or \$100 HRA contribution is awarded (SEA, Unrepresented).
- Health Reward HRA contribution balances roll over into 2015.
- A maximum of three \$100 gift cards can be earned in the calendar year. Health Reward points must be redeemed for gift cards by December 31, 2014.
- Activities are reported, tracked and points are awarded at www.anthem.com.

Choose from Six Health Reward Activities

Know Your Numbers Health Screenings

Complete a worksite screening or submit a physician fax form reporting important numbers like blood pressure, body mass index, glucose, and cholesterol.

Fitness & Nutrition Activity

Each activity is worth 5 points. A fitness activity is defined as being physically active for at least 30 minutes a day on 5 or more days in a week. A nutrition activity is defined as consuming at least 5 servings of fruits and vegetables on 5 or more days in a week. Employee earns 100 points after reporting 10 fitness events and 10 nutrition events.

Employee Health Education Program

Complete the Employee Health Education Program. Program modules include *Understanding Your Health, Medical Self Care, Health & Wellness 101*. Modules can be completed in workplace presentations, online, or on paper.

Preventive Care

Get an annual check up with a health care provider in 2014.

Flu Vaccine

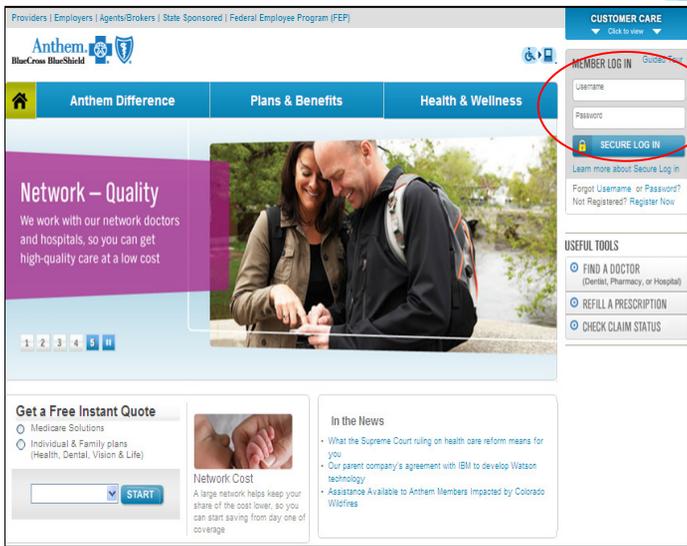
Get vaccinated for the flu during the fall of 2014 for the 2015 flu season.

Tobacco Free

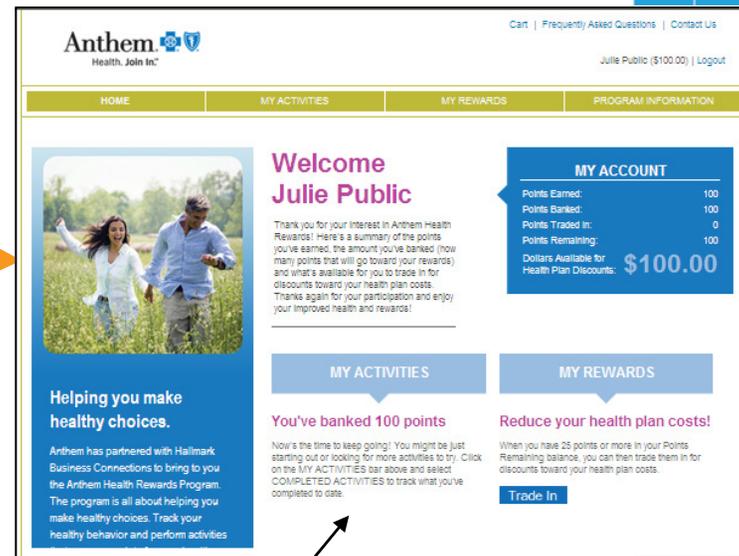
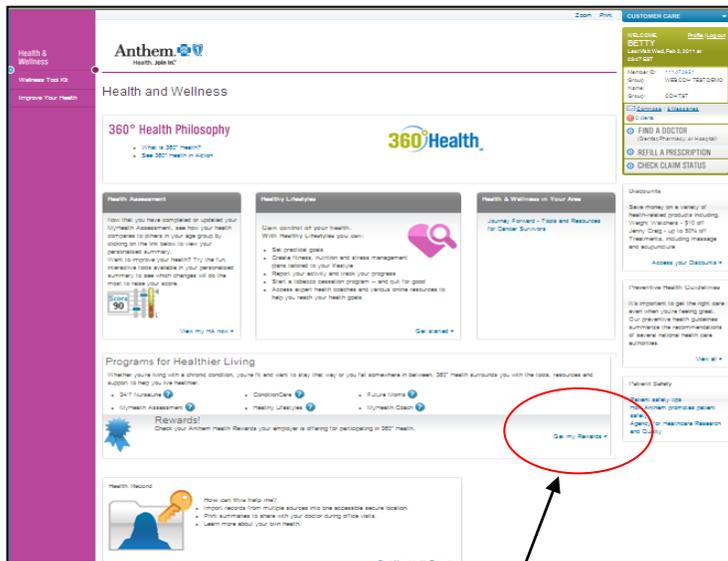
Not using tobacco products

For More Information, Visit

http://admin.state.nh.us/wellness/wellness_rewardprogram.html



Employee visits www.anthem.com and logs in with username and password



...selects "Get My Rewards", and moves to the Anthem Health Rewards home page

In Health Rewards, select “My Activities”

[Cart](#) | [Frequently Asked Questions](#) | [Contact Us](#)
 DIANN WILSON (\$0.00) [Logout](#)

[HOME](#) | **MY ACTIVITIES** | [MY REWARDS](#) | [PROGRAM INFORMATION](#)

Available Activities

Below is the list of all available activities and possible reward value for Anthem Health Rewards, and the last date you completed each activity (if this applies to you). The activities that you can report on have a link next to them. Click this link when you've completed an activity and want to report it. Please note: Depending on the rules set up for this program, you may not bank all available activity points. For example, you may only bank points for one physical activity one time per day. You'll receive an explanation any time you don't receive the full point total after you submit your activity.

Plan: 12847 ▾
Plan Start and End Dates:
Last Date to Report Activity
Plan Level Rules
 Submit online health assessment must be completed before you can receive credit for these activities.

Display all other rules below

[Collapse All](#) [Expand All](#)

Activity Groups/Activities	Activity Value	Last Completed	Report Activity
Biometric Screening			
Report Annual Tests and Exams			
Complete all screenings	25		
Completion of Blood Pressure			Report this activity
Completion of Total Cholesterol/HDL			Report this activity
Completion of Glucose			Report this activity
Completion of Body Mass Index			Report this activity
Health Assessment			
Online questionnaire			
Health assessment completion	100		
Preventive Care			
Annual Flu Shot			
Report you received a flu shot	25		Report this activity

Activity Reporting
 You will need to report fitness and nutrition, annual check up, and flu vaccination, and tobacco free Health Rewards

Health Reward Activity Reporting



[Cart](#) | [Frequently Asked Questions](#) | [Contact Us](#)

DIANN WILSON (\$0.00) [Logout](#)

HOME

MY ACTIVITIES

MY REWARDS

PROGRAM INFORMATION

Report Activity

Please review the activity you chose below (if you have selected the wrong activity, click on the "Choose another Activity" link to choose the correct activity). Enter the day you completed the activity and click the "Continue" button. Next, review all of your activity information, check the box saying "I confirm that I've completed this activity" and then click on the "Complete" button. You'll see the total number of points that have been banked. Depending on the rules for your program, you may not bank all of the activity points. You will receive an explanation any time you do not bank all of the points for an activity.

Plan: **12847** [change](#)

Plan Start and End Dates:
Last Date to Report Activity

Completed Activity [Choose Another Activity](#)

Activity: Flu Shot
Activity Points Value:

Completion Date



Continue

Enter
Completion Date

MY POINTS

Points Earned:	425
Points Banked:	325
Points Remaining:	0

Once points are awarded, redeem them in “My Rewards” for gift cards (Only for Troopers, NEPBA, Teamsters)

[Cart](#) | [Frequently Asked Questions](#) | [Contact Us](#)
 DIANN WILSON (\$0.00) [Logout](#)

[HOME](#) | [MY ACTIVITIES](#) | **MY REWARDS** | [PROGRAM INFORMATION](#)

Available Activities

Below is the list of all available activities and possible reward value for Anthem Health Rewards, and the last date you completed each activity (if this applies to you). The activities that you can report on have a link next to them. Click this link when you've completed an activity and want to report it. Please note: Depending on the rules set up for this program, you may not bank all available activity points. For example, you may only bank points for one physical activity one time per day. You'll receive an explanation any time you don't receive the full point total after you submit your activity.

Plan: 12847 ▾
Plan Start and End Dates: 1/1/2013 - 12/31/2013
Last Date to Report Activity: 12/31/2014

Plan Level Rules
 Submit online health assessment must be completed before you can receive credit for these activities.

Display all other rules below

[Collapse All](#) [Expand All](#)

Activity Groups/Activities	Activity Value	Last Completed	Report Activity
Biometric Screening			
Report Annual Tests and Exams			
Complete all screenings	25		
Completion of Blood Pressure			Report this activity
Completion of Total Cholesterol/HDL			Report this activity
Completion of Glucose			Report this activity
Completion of Body Mass Index			Report this activity
Health Assessment			
Online questionnaire			
Health assessment completion	100		
Preventive Care			
Annual Flu Shot			
Report you received a flu shot	25		Report this activity

Choose From A Variety of Gift Cards

Anthem Health Rewards lets you choose from the most popular reward types:

- **Gift cards to leading national merchants such as the ones below or a Visa gift card**
- **It will take 30-45 days to process the redemption and receive your gift card**



amazon.com



Sears



Marriott

Health Reward HRA Contributions (Only for SEA, Unrepresented)

Once Health Rewards points are awarded, Anthem will notify Combined Services to credit employee's HRA account on a bi-weekly basis. Please Contact Combined Services for questions about your HRA Benefit Debit Cards and Balances

Phone: 1-888-227-9745

Email: flexiblebenefits@combinedservices.com

Website: www.combinedservices.com

Anthem Member Services

Contact Anthem for questions about eligibility, program technical assistance, or benefit questions

Customer Service: 1-800-933-8415

Email: stateofnh@anthem.com

Website: www.anthem.com

State Employee Wellness Program

Mike Loomis, MPH

Phone: 1-603-271-4103

Email: Michael.loomis@nh.gov

Website: www.admin.state.nh.us/wellness/

