

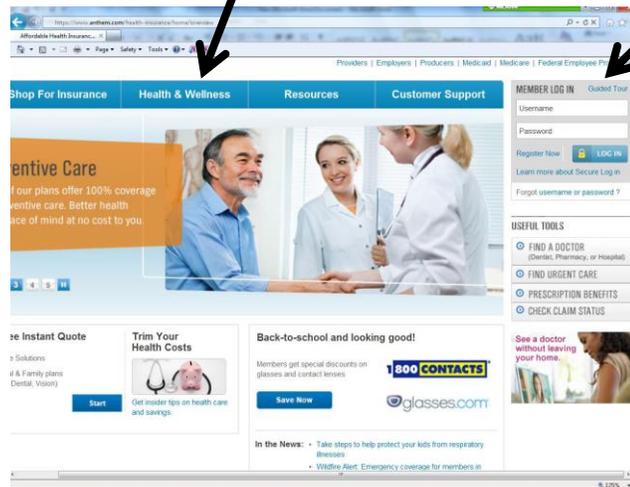


Health Rewards – A Step by Step Guide for Reporting your Weekly Physical Activity and Nutrition Event

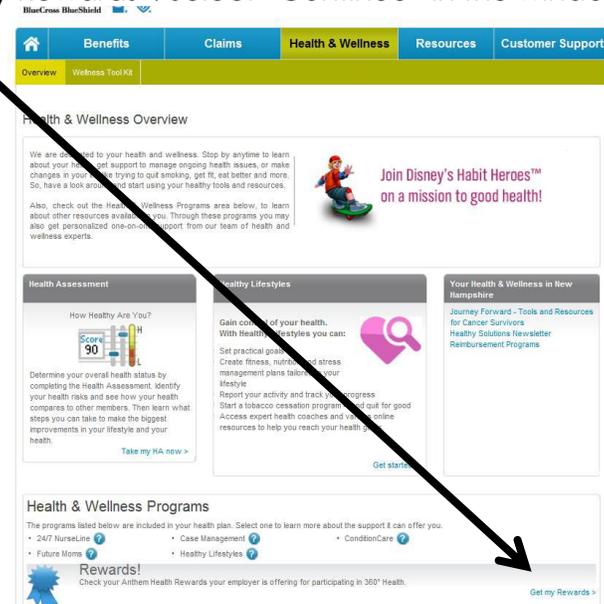
Welcome to the Health Rewards Program. We're excited about the opportunity to reward you for being physical active and eating healthy! Getting rewarded is easy. All you have to do is report a weekly date in your Health Rewards online portal that you satisfied the weekly amount of activity and nutrition. If you have questions or need assistance, please contact Anthem Member Services at 1-800-933-8415.

Now let's get you started

1. Go to www.anthem.com and register with a user name and password. If you have already registered, simply log in and click on the "Health & Wellness" page.



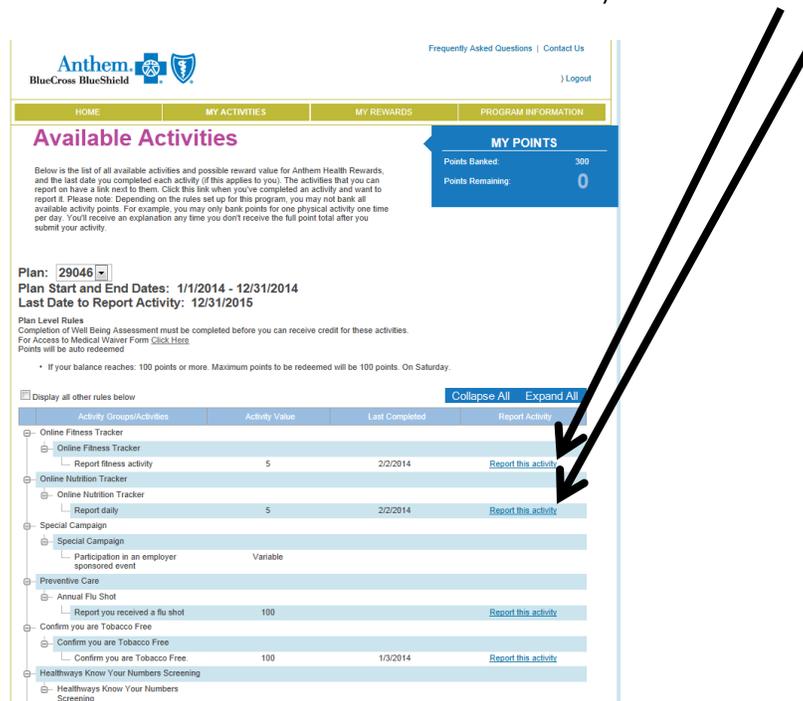
2. Next, click on "Get my Rewards". Select "Continue" in the window that appears.



3. Next, scroll over “My Activities” in the top menu bar and click on “Available Activities”.



4. On this page, you can see what activities you can report. Click on the link that says “Report this activity” to the right of the fitness and nutrition tracker activity.



5. You'll then be asked to enter a date of the week you satisfied the requirement for activity or nutrition. Once you enter it, click "Continue".

Report Activity

Plan: 29046
Plan Start and End Dates: 1/1/2014 - 12/31/2014
Last Date to Report Activity: 12/31/2015

Completed Activity [Choose Another Activity](#)
Activity: Report that you received screenings or an exam
Activity Points Value:

Completion Date [Change Completion Date](#)

6. Finally, select the box to confirm that you completed the activity and click "Complete"

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Plan Start and End Dates: 1/1/2014 - 12/31/2014
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Completed Activity [Choose Another Activity](#)
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Activity Points Value:

Completion Date [Change Completion Date](#)
1/17/2014

By checking the box I confirm that I've completed this activity.

7. It will take 2-4 days for Anthem to process your activity date and award your Health Reward points. It will take up to 30 days for your Health Reimbursement to credit in your account once you achieve 50 points for fitness and 50 points for nutrition for a total of 100 points for this activity. If you have any questions about the Health Rewards Program, please contact the Anthem Member Services telephone number on the back of your Anthem ID card. For questions about your Health Reimbursement Arrangement account, please contact ASIFlex at 1-800-659-3035.