

Healthy Lifestyles



It pays to be good to yourself.

It's often said that good health is its own reward... and while that's true, isn't it nice to get a little something extra for being good to yourself?

Healthy Lifestyles is an online wellness program that offers the health assessment (HAT) and a well-being plan that teaches you about your health status and what you can do to stay well, get the right care, and follow through with manageable steps toward your well-being goals. When you work for the State of New Hampshire and use the Healthy Lifestyles website, you can work your way toward 5,000 points (and a \$100 Health Reward).

Sign up and let the rewarding begin!

Living a healthy lifestyle is rewarding in so many ways. Sign up and start earning points today.

1. Go to **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 – and earn your first 2,500 Healthy Lifestyles points.
5. Congratulations! You now have access to the tools and resources that will help you reach your goals.

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

GET TO THE POINTS

Here are a few ways to earn Healthy Lifestyles points:

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| Take your Well-Being Assessment (WBA).
<i>Once per year.</i> | +2,500
PTS |
| Set up your Well-Being Plan.
<i>Once per year.</i> | +500
PTS |
| Advance in your focus areas.
<i>Once every 90 days.</i> | +500
PTS |
| Use your health trackers.
<i>Once every 90 days.</i> | +500
PTS |
| Track your weight 10 times.
<i>Once every 90 days.</i> | +500
PTS |
| Create an inspiration.
<i>Once every 90 days.</i> | +250
PTS |
| Write an entry in your journal.
<i>Once per day.</i> | +5
PTS |
| View/Listen/Read a resource.
<i>Once per day.</i> | +10
PTS |

