



Eat colorfully! Join the True Colors Healthy Eating Adventure

Healthy Lifestyles

The bright, rich color of fruits and vegetables make them pretty on the outside. And it means they're full of rich, protective nutrients on the inside:

- **Greens** like kale and broccoli can help keep bones strong and arteries clear.
- **Reds** like tomatoes and watermelon help fight cancers and heart disease.
- **Purples and blues** like plums and cabbage support a healthy blood pressure and protect your brain as you age.
- **Oranges and yellows** like carrots and pineapples keep skin and eyes healthy.
- **Whites and tans** like onions and garlic fight infections and build immunity.



How True Colors works:

When you sign up, your goals are to:

1. **Eat healthy.** Strive to eat at least 2 cups of fruit, 2 1/2 cups of vegetables and drink at least 6 cups of water every day.
2. **Track your servings.** Use your Healthy Lifestyles servings tracker to track fruit, vegetables and water at least three times each week.
3. **Be active.** Chat with others in the True Colors group.

True Colors runs for six weeks and is open to all Anthem-covered team members and their dependents (age 18 and older). When you sign up, you'll get weekly tips and links to:

- Informative articles.
- A color-of-the-week recipe.
- A color chart listing the types of produce by color and their healthy benefits.
- How-to information including videos for selecting, storing and preparing fruits and vegetables.

Sources:

- Dr. Andrew Weil - drweil.com
- The World's Healthiest Foods, the George Mateljan Foundation - whfoods.com

Sign up opens September 21. True Colors runs October 5 to November 15.

Register for Healthy Lifestyles and join True Colors today:

1. Log in to **anthem.com** and go to the **Health & Wellness** tab. Then click **Get Started** to access Healthy Lifestyles.
2. Click on the **Groups & Challenges** tab.
3. Select the **True Colors** group and click **Join This Group**.
4. Make sure to add the Healthy Lifestyles servings tracker under the **My Well-Being Plan** tab.

Log in to Healthy Lifestyles at anthem.com. Then join the True Colors group and track your servings!



TRUE colors



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Frequently Asked Questions

1. What is the True Colors Healthy Eating Adventure?

True Colors is a fun, six-week adventure that's all about eating healthy, feeling good, staying well and enjoying more servings and varieties of fruits and vegetables every day in any form – fresh, frozen, canned, dried and 100% juice. Each week features a new color – red, orange, yellow, green, purple, blue and white – and its healthy benefits.

2. How does it work?

When you sign up for True Colors, your goals are to:

1. Participate in the group for six weeks.
2. Strive to eat at least 2 cups of fruit, 2 1/2 cups of vegetables and drink at least 6 cups of water every day.
3. Use your Healthy Lifestyles servings tracker to record your daily servings for six weeks. (For tracking purposes, the week begins on the first day you track your servings.)

3. When does True Colors take place?

Sign up opens September 21. True Colors starts on October 5 and ends on November 15.

4. How do I use my servings tracker?

- To participate in True Colors, you must set up a Healthy Lifestyles servings tracker.
- To add your servings tracker to your account, you will be asked to choose a goal from a drop-down menu. Select the goal "Eat all recommended servings of fruits, vegetables and water every day."

5. How do I start?

1. **Sign up!** Join the True Colors group and add the Healthy Lifestyles servings tracker.
2. **Track your servings** at least three days each week for a chance to win one of ten water bottles with a fruit infuser!. (For tracking purposes, a week is defined as Monday to Sunday.)
3. **Keep going!** Track your servings for all six weeks and encourage others by posting in the True Colors group.

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