

# How's your health?

## Take your Health Assessment Tool to find out!



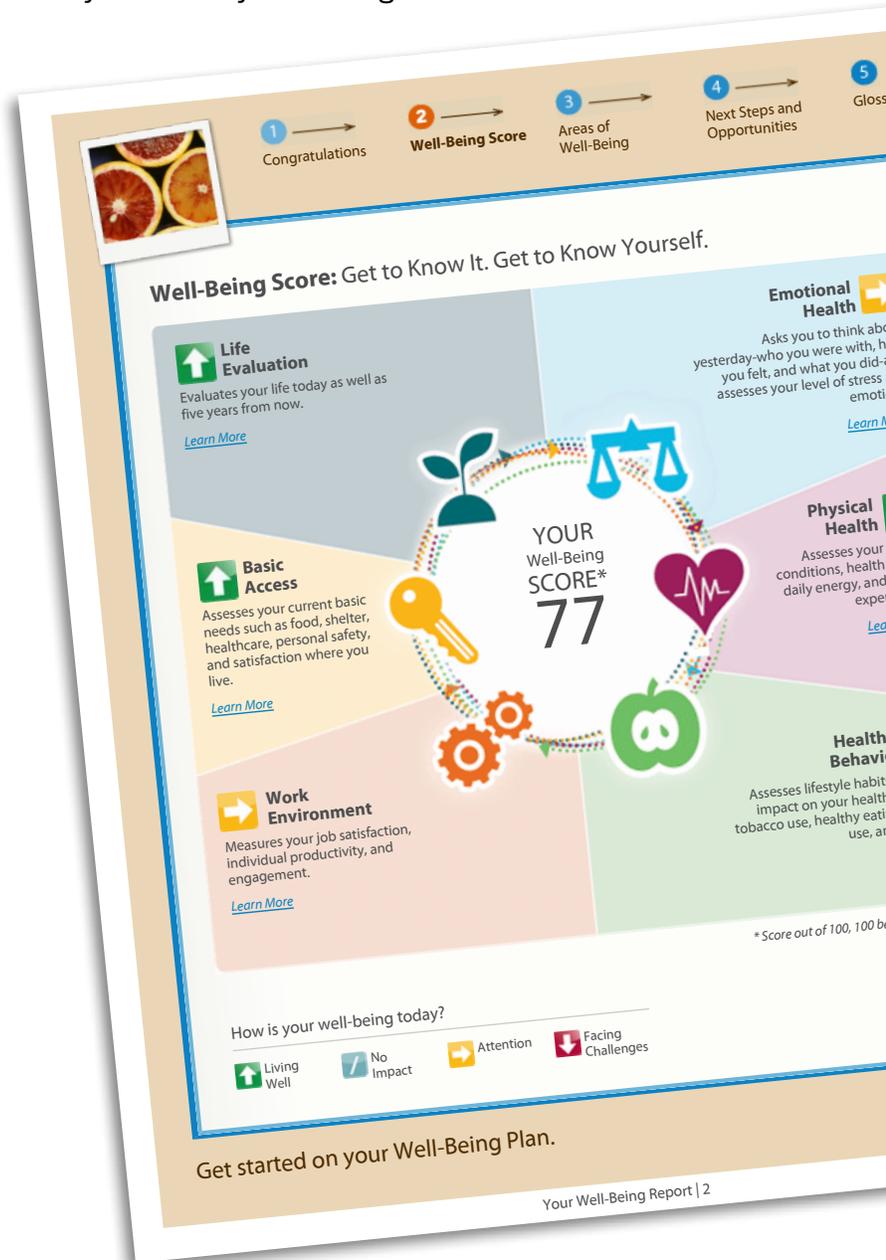
Progress reports are an important part of work or school. They let you know where you stand and point you in the right direction.

The Healthy Lifestyles Well-Being Assessment (this is your Health Assessment Tool or HAT) is a progress report for your life. Find out where you stand by answering questions in six key areas:

- 1. Life Evaluation** looks at your life today and five years from today.
- 2. Emotional Health** checks your stress level and other emotional concerns.
- 3. Physical Health** considers health conditions and daily energy.
- 4. Healthy Behavior** explores your diet, exercise, tobacco and alcohol use.
- 5. Work Environment** assesses how happy you are with your job.
- 6. Basic Access** evaluates your food, shelter, health care, personal safety and satisfaction with where you live.

Your well-being score will speak to your past, your present and a healthier future. Then, own your number by setting goals to boost your well-being in the coming year.

Log in to Healthy Lifestyles at [anthem.com](http://anthem.com) today to take your HAT. If you haven't signed up yet, now is the time to get started.



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# Five steps to improve your well-being

Once you've taken your private Healthy Lifestyles Well-Being Assessment (this is your Health Assessment Tool or HAT), you will unlock tools and resources that can help you reach your goals. Follow the steps below to take advantage of everything the Healthy Lifestyles program has to offer:

## 1. Sign up for Healthy Lifestyles.

- ▶ Go to **anthem.com** and log in using your Anthem user name and password.\*
- ▶ Select the **Health & Wellness** tab.
- ▶ To access Healthy Lifestyles, select **Get started** > under the Healthy Lifestyles section.
- ▶ Accept the terms and conditions.



## 2. Take your Well-Being Assessment.

- ▶ Select **Well-Being Assessment**.
- ▶ Answer the questions and click **Next** on the bottom of each screen.
- ▶ Set aside 20 minutes to take the survey. If needed, you can exit the survey and finish it later.



Well-Being Assessment →

## 3. Get your Well-Being report.

Congratulations on finishing your Well-Being Assessment! Click **View Full Report** to see your results. You will get an overall score and details of how you are doing in each area.



## 4. Set up your Well-Being Plan.

Healthy Lifestyles will show you the areas that the program can help you improve. Choose which areas to focus on, and then set up your trackers to help you succeed in reaching your goals.



Add the Servings Tracker

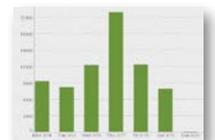


## 5. Start using Healthy Lifestyles!

### Well-Being Plan

- ▶ Take actions toward improving your well-being in each focus area.
- ▶ Track your exercise, food servings, steps and more.

Track ↓



### Groups & Challenges

- ▶ Join a group and chat with members who share the same interests.
- ▶ Participate in an exercise challenge for extra motivation and support.



### Resources & Tools

- ▶ Review your health assessment, look up recipes and menus, read articles and more!

### Featured Recipe

