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:

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

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