

Put your health into action.

If you're ready to improve your well-being, Healthy Lifestyles can guide you on where you want to go. With the Healthy Lifestyles website, you can:

- ▶ Take your Health Assessment Tool (HAT) called the "Well-Being Assessment."
- ▶ Create a well-being plan based on the results of your Well-Being Assessment and your own personal goals.
- ▶ Set up custom trackers to keep tabs on your exercise, weight, medication and nutrition.
- ▶ Get access to wellness resources, including videos, articles, healthy recipes and more.
- ▶ Connect with people who have the same goals.

Sign up for Healthy Lifestyles today at [anthem.com](https://www.anthem.com).

Healthy Lifestyles

It's your move.



Build your plan.

When you sign up for Healthy Lifestyles, you'll take a private Health Assessment Tool (HAT), called the "Well-Being Assessment." Based on the results of your assessment, you'll be able to spot areas to focus on that will become the basis of your well-being plan. Your well-being plan uses the personal goals you set to keep you motivated, and it changes over time as you make progress toward them.

Track your progress.

Take charge of your total wellness with custom trackers that help you manage your physical and mental health, including:

- A food tracker that keeps track of how many calories you consume a day and offers articles on healthy food.
- An exercise tracker that helps you monitor your routine as well as calculate your steps and calories burned.
- A medication tracker that keeps track of your medications and can send you daily reminders.
- A stress tracker to help you keep your stress levels in check and can send personalized reminders and tips when and where you want them, via e-mail or text.

Be more social.

With the Healthy Lifestyles tools, there are many ways to connect with people your age and enjoy some friendly competition:

- Join a group that interests you. Share your experiences with others – and learn from theirs – as you work toward your goals.
- Share your progress with your group on social networks like Facebook.

Quit smoking.

- Create a personalized plan to quit tobacco.
- Get unlimited social support from a community of quitters.
- Find tips and expert advice to help you quit for good.

Enroll 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.
5. Congratulations! You now have access to the tools and resources that will help you achieve 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.

Have questions? Contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.

