



Have you signed up for the True Colors Adventure yet?

It's time to give your plate a pop of color. The True Colors Healthy Eating Adventure starts next week. Join now and then track your servings each week. Watch for emails with colorful recipes and tips to guide you each week.

Sign up now! Then from October 5 to November 15, 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.

How it works

True Colors runs for six weeks and when you sign up, you'll get weekly tips and links to articles, recipes, produce charts and videos.

For more information about True Colors, [click here](#).

How do I start?

- 1. Sign up!** And don't forget to join the True Colors group.
- 2. Track your servings** at least three days each week during the Adventure for a chance to win one of ten water bottles with fruit infuser!
- 3. Keep going!** Track your servings for all six weeks and encourage others by posting in the True Colors group.

Join the adventure 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. You can add it under the **My Well-Being Plan** tab. [Click here](#) for step-by-step instructions on how to join the group and add your servings tracker.

