

### BENEFIT:

# Your weight tracker

## Keep tabs on your weight.

When it comes to managing your weight, the small steps you take every day really do add up. And the Healthy Lifestyles weight tracker will show you just how those **small steps can lead toward reaching your goal**. The tracker lets you set a goal, record your weight and watch your progress. And, top it off with a journal entry so you can see how you can jot down the challenges and successes.

Here's how Michelle, a fellow Healthy Lifestyles member, used her tracker to help her do just that:

*"I spent years yo-yo dieting, losing weight only to quickly gain it again. But using the weight tracker has helped me stay accountable – not just to lose those extra pounds but to keep them off for good.*

*It's so easy. Especially since I got a Wi-Fi scale. Since it's connected to my weight tracker, it automatically updates when I weigh myself. I still have to do the work and make healthy choices, but now it's so much easier to stay on track and watch my progress."*

[Connect your Withings smart scale](#) or [set up your weight tracker](#) and work toward your goals today.

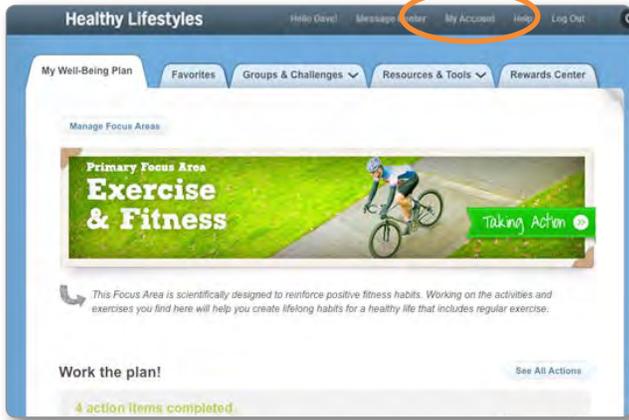
[Log in to Healthy Lifestyles](#)

Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

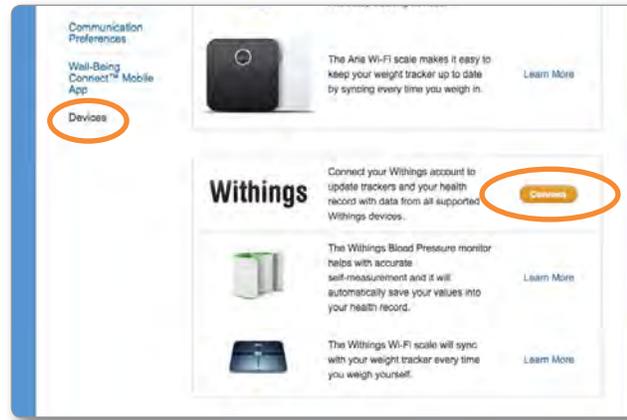
*Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!*



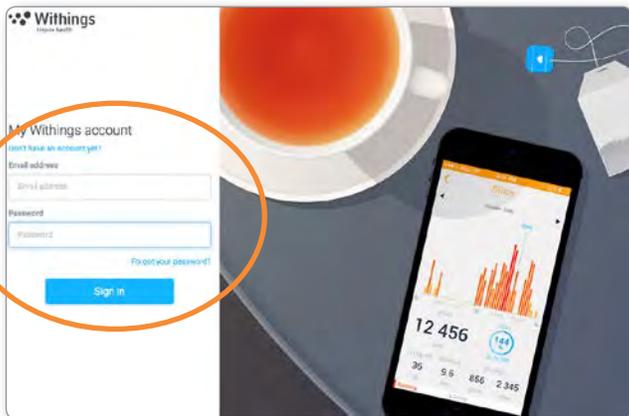
## Connecting your Withings scale with Healthy Lifestyles:



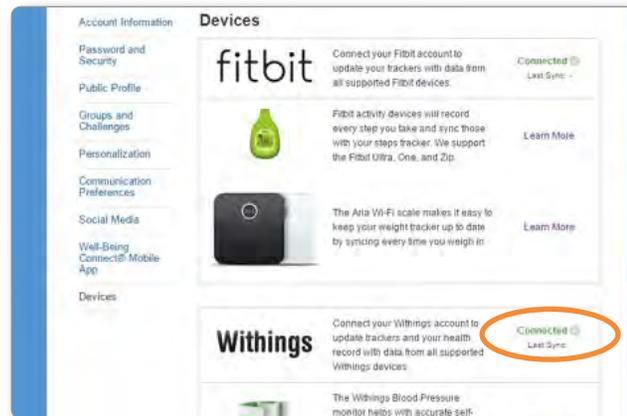
1. Log in to Healthy Lifestyles and select **My Account**.



2. From the left side, select **Devices** and then click the orange **Connect** button next to **Withings**.



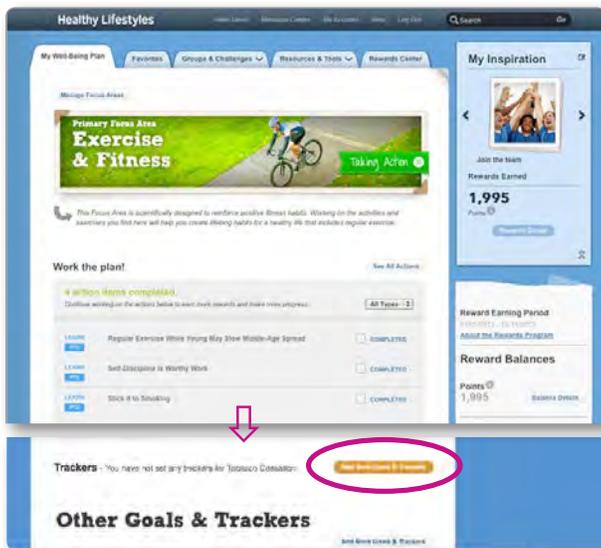
3. Log in to your **Withings** account and authorize Well-Being Connect (Healthy Lifestyles) to use your account.



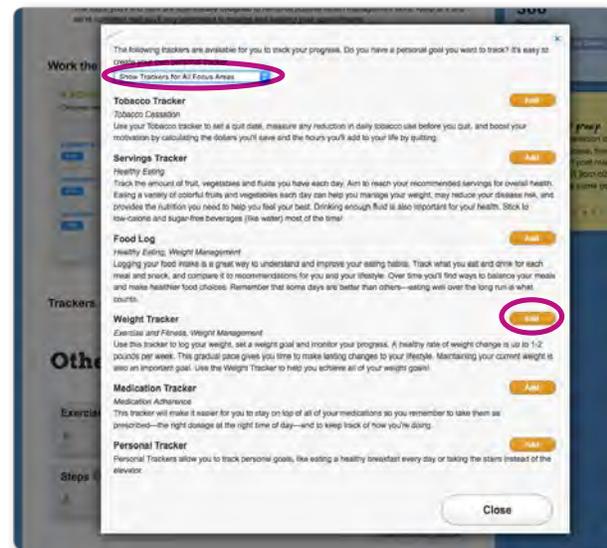
4. Your device is now connected. Each time you sync your **Withings** scale with your iPhone app, Android app or computer, your weight tracker will be updated.

If you have questions about connecting your Withings scale with Healthy Lifestyles, please call customer service at 877-252-8410.

# How to add the weight tracker:



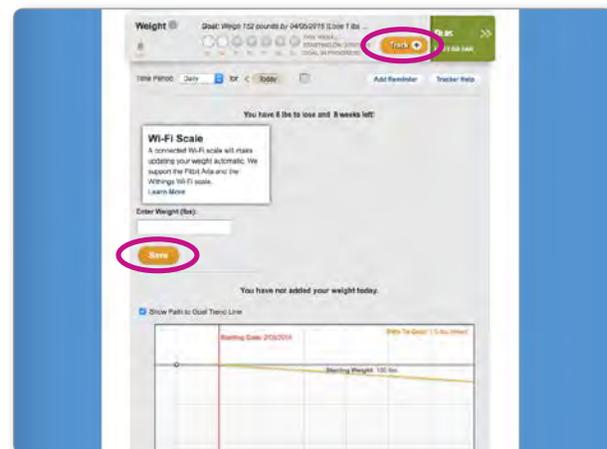
1. From the home page (called My Well-Being Plan), scroll down and select **Add More Goals & Trackers**.



2. Select **Show Trackers for all Focus Areas** from the pull down menu. Then click **Add** to the right of the Weight Tracker.



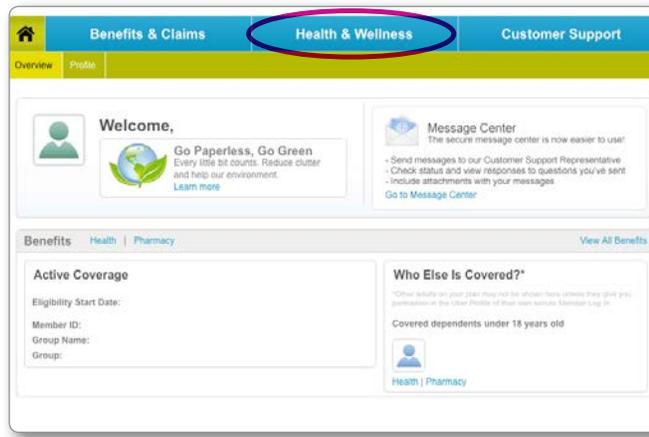
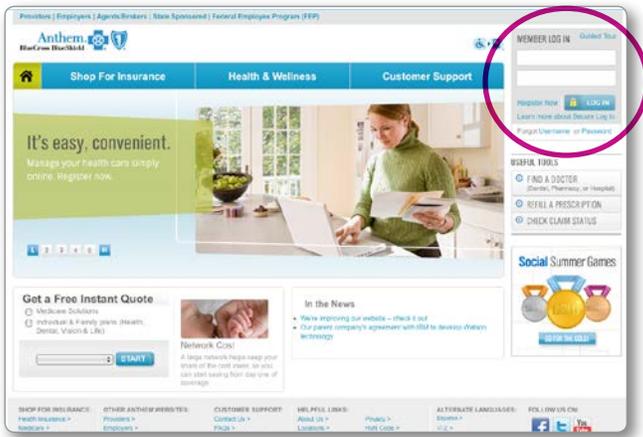
3. Enter your information, select a goal, add reminders (optional) and click **Add**.



4. Now your tracker is set up. To track your weight each week, select **Track**, enter your weight and click **Save**.

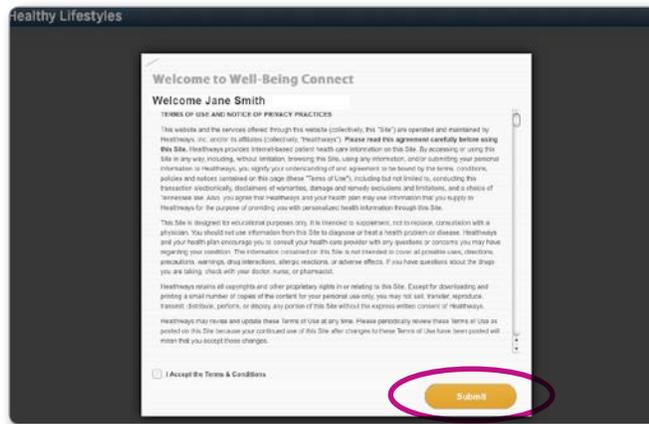


# How to sign up for Healthy Lifestyles



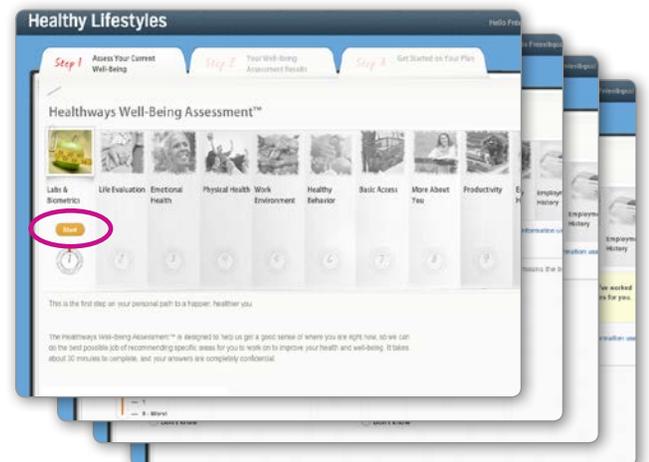
1. Go to **anthem.com** and log in using your Anthem username and password.  
If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.

2. Select the **Health & Wellness** tab.



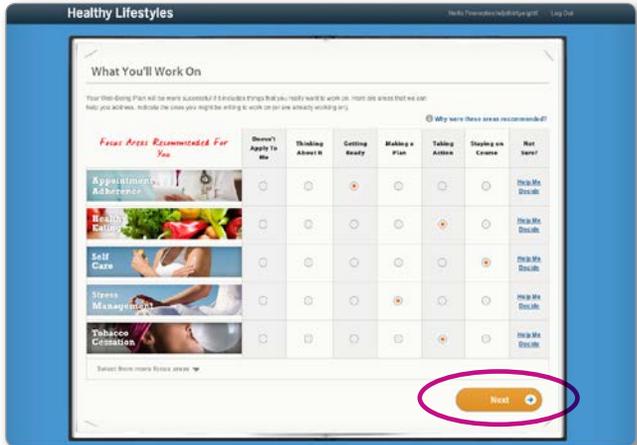
3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!



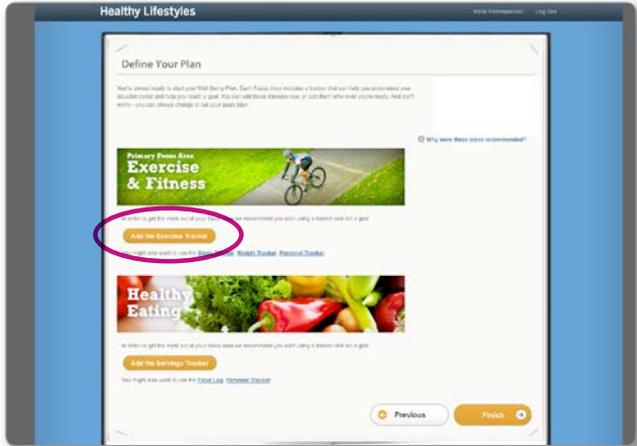
5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

6. Select **Start** and answer the questions on the following screens.



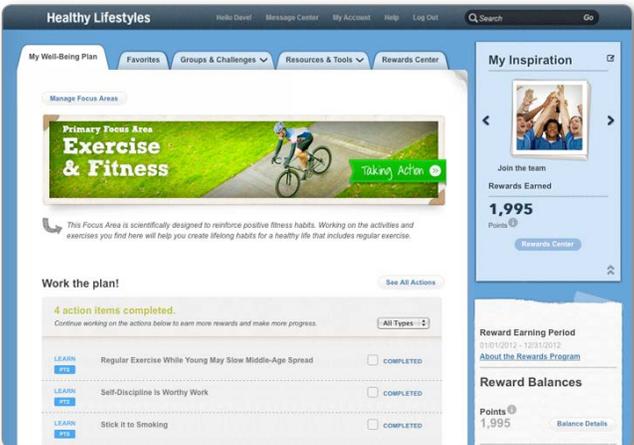
7. Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.

8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



9. Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.

10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your Well-Being Plan setup.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, 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](mailto:StateofNH@anthem.com).



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