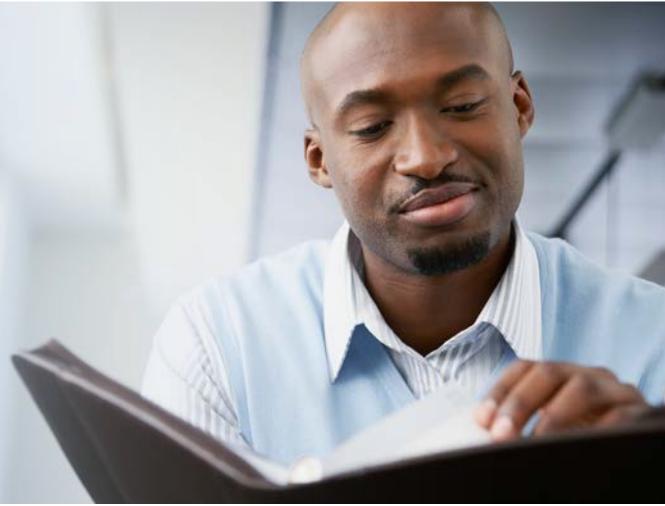


Healthy Lifestyles *features and benefits*

BENEFIT:

Your Well-Being Assessment



What can it do for me?

Even if you're taking steps to stay healthy, there's always room for improvement. That's where your Well-Being Assessment (known as the Health Assessment Tool or HAT) comes in. The Well-Being Assessment (WBA) gives you a picture of your current health, with a personal score that tells you how your lifestyle habits affect your well-being.

The WBA also suggests areas you can work on to improve your score in the coming year. And, more importantly, it can shine a light on health risks you might not be aware of, as John, a fellow Healthy Lifestyles member, learned:

Get rewarded!

Earn **2,500 points** for taking your Well-Being Assessment (WBA). *Now you are halfway to your Health Reward.*

Take your WBA today, and take the first step to improving your health.

At 40 years old, John mostly felt healthy and hit the gym every weekend. He wasn't interested in taking his WBA – until he found out that he could earn a \$200 Health Reimbursement Account and a Health Reward. But the 20 minutes he spent answering questions in the WBA gave him so much more. He was surprised to find out that stress was his top risk factor. And when he combined that with some unhealthy eating habits, his heart was taking a serious hit.

His WBA results suggested that he make a few changes. So he started using the Healthy Lifestyles food log and stress tracker, all the while earning reward points. He made strides to improve his health.

[Take your WBA now](#)

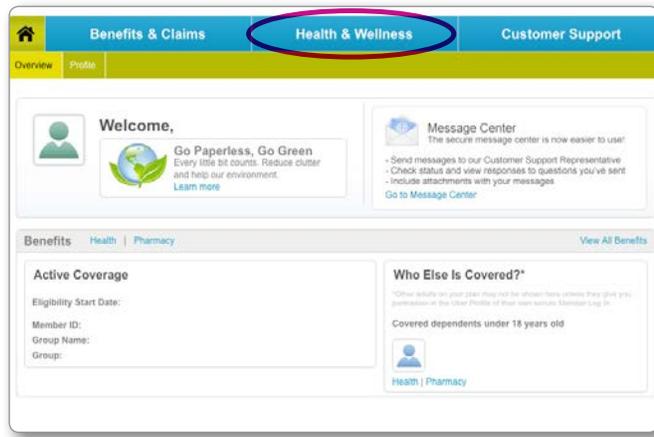
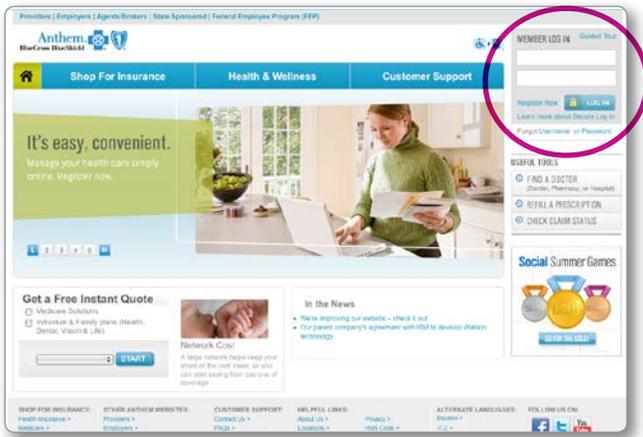
Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

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



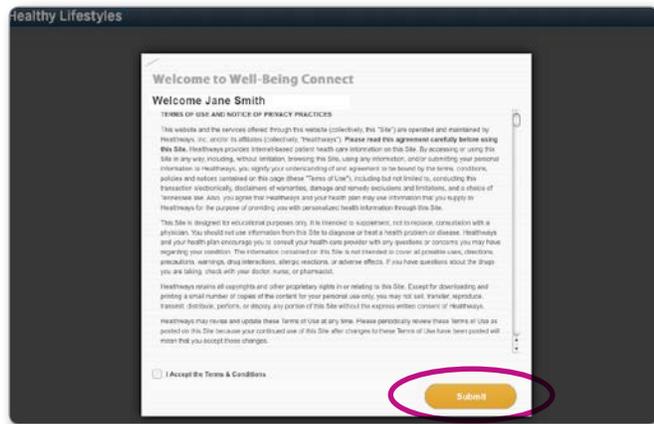


How to sign up for Healthy Lifestyles



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.



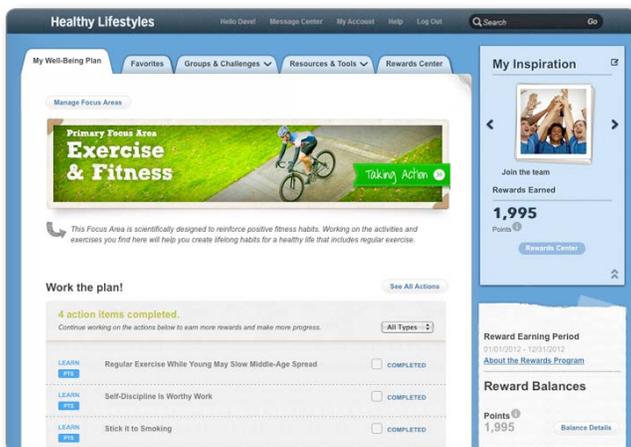
8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



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.

