

BENEFIT:

Your Well-Being Plan



Use your plan to reach your health goals.

Your Well-Being Assessment (known as the Health Assessment Tool or HAT) gives you the information you need to move your health forward. But to really make progress, you need a plan. And, Healthy Lifestyles can help with that. You can create a personal Well-Being Plan as soon as you finish the Well-Being Assessment. It will suggest areas for you to focus on like:

- ▶ managing weight
- ▶ preventing depression
- ▶ eating healthy
- ▶ exercising more
- ▶ quitting tobacco

For each of your focus areas, your plan will provide you with small steps that you can take to help you move closer to reaching your goal.

Be sure to choose your focus areas and create a solid Well-Being Plan for improving your health.

[Create your Well-Being Plan](#)

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!

Get rewarded!

Earn **500 points** when you set up your Well-Being Plan and choose up to three focus areas.

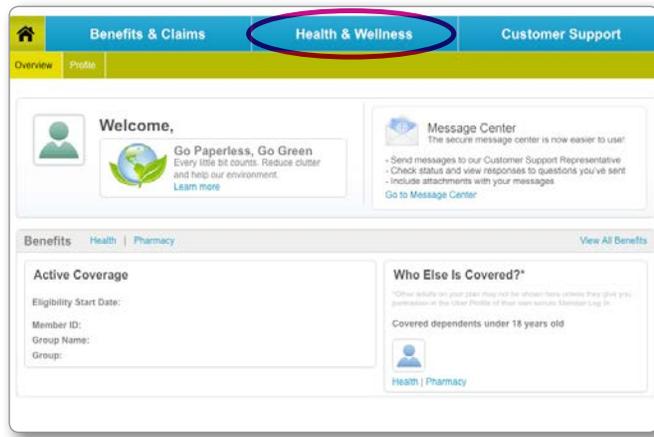
Now you are over halfway to your reward. Keep going!

Earn **250 points** when you create an Inspiration to help you stay motivated. Yours might be a personal target (“be healthy for my grandkids”) or advice from a role model (“my dad taught me the value of staying healthy”). And it might change – create as many as you like, and your points will be awarded once every 90 days.



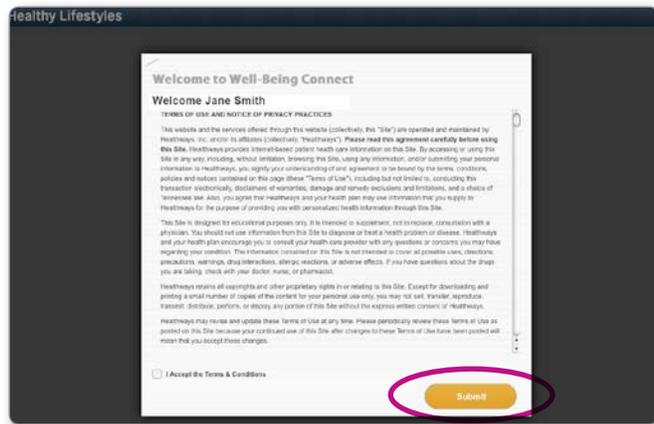


How to sign up for Healthy Lifestyles



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.



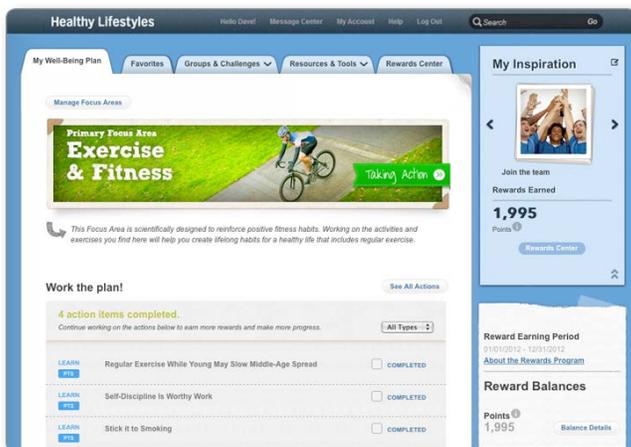
8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



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.

