

BENEFIT:

Well-Being Connect mobile app



Stay in touch with your health.

You're busy and on the move. That's where the Well-Being Connect mobile app comes into play. It will help you stay connected to Healthy Lifestyles so that you can keep tabs on your health wherever you are, whenever you want.

With the app, you have easy access to your:

- **TRACKERS:** Record your progress for weight, steps, exercise, medication, tobacco use, exercise, food servings and more.
- **WELL-BEING PLAN:** Review your plan and make updates as you go.
- **SOCIAL NETWORKS:** Join a group for support and share information, personal stories, tips and successes – even share on Facebook.
- **REWARDS:** Check your point totals to see how much you've earned.

Make staying in touch with your well-being a breeze.

[Click here](#) to learn more about the app.



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!



Goodbye, excuses. Hello, app.

Healthy Lifestyles

Healthy Lifestyles is mobile!

Update your trackers, connect with your groups and access other Healthy Lifestyles tools anytime, anywhere with the Well-Being Connect mobile app. Get it today!

1. From Healthy Lifestyles:

- Set up your Well-Being Plan, add trackers and join groups (this is what will show in your app).
- Make sure your **email address** is correct: Go to **My Account > Edit email**. If necessary, update your email address and click **Save**.

2. Download the Well-Being Connect app:

- From your phone, go to the **App Store** (iPhone) or **Google Play Store** (Android) and search for **Well-Being Connect**.
- Install the free app.



The Well-Being Connect mobile app icon.

3. Register your account:

- Open the **Well-Being Connect app** and select **Sign In**. Enter your first name, last name, ZIP code, date of birth and gender.
- Select **Generate Email**.
- Open your email and **click the link** to verify your account.

4. Get started:

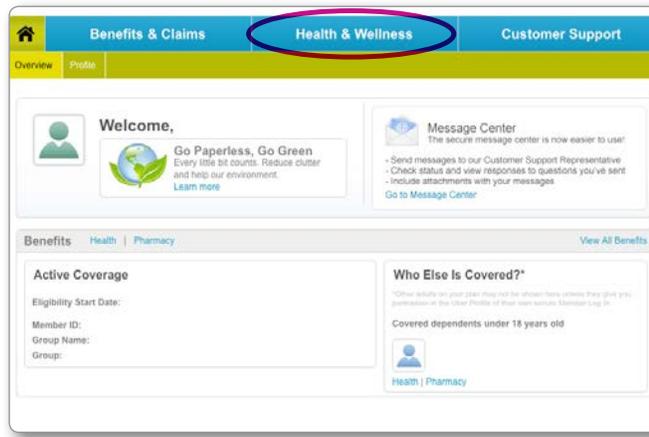
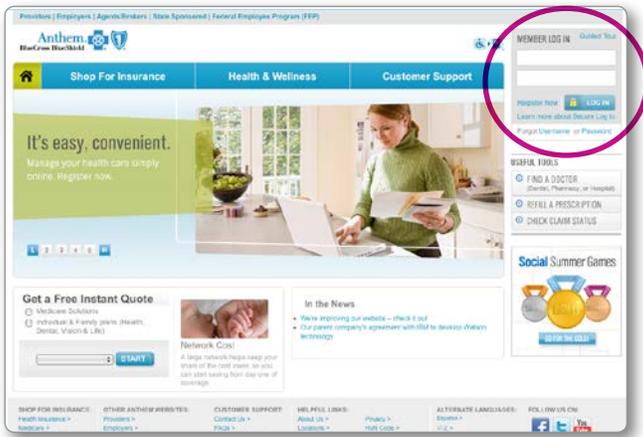
- Restart the **Well-Being Connect app** on your mobile device to begin using all of the tools and features.



The Well-Being Connect mobile app is available for iPhone, iPad, iPod Touch and Android 2.2 and later.

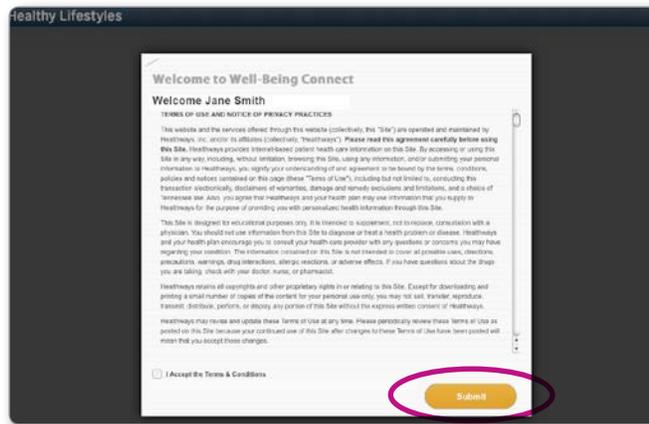


How to sign up for Healthy Lifestyles



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.

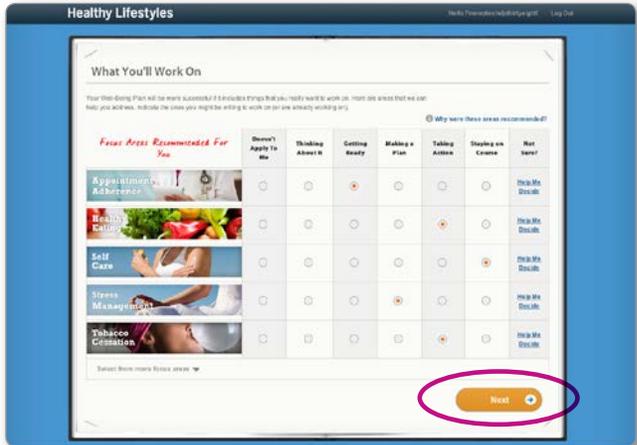
2. Select the **Health & Wellness** tab.



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!

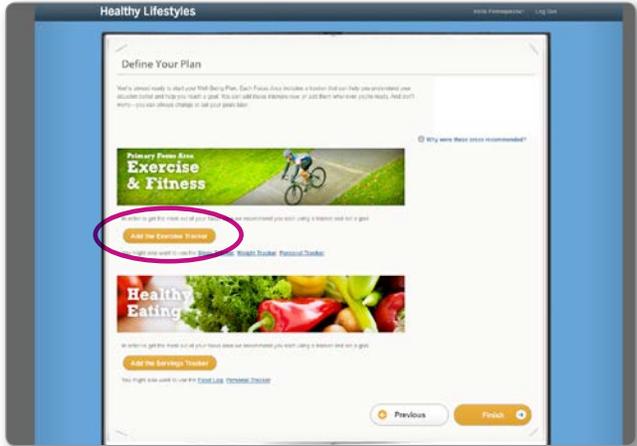


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.
6. Select **Start** and answer the questions on the following screens.



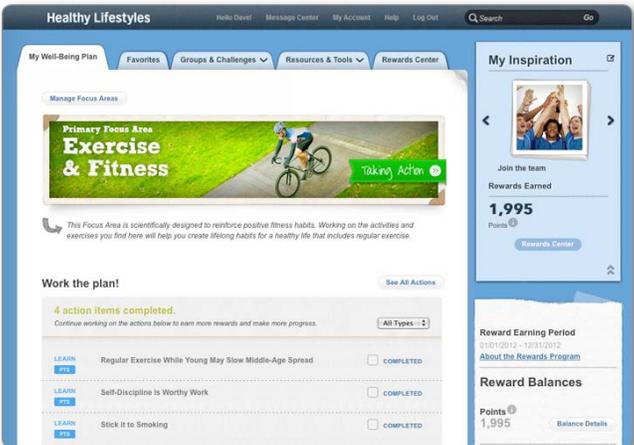
7. Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.

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.



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