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.

**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!
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.

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.

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.