

Put your health into action.

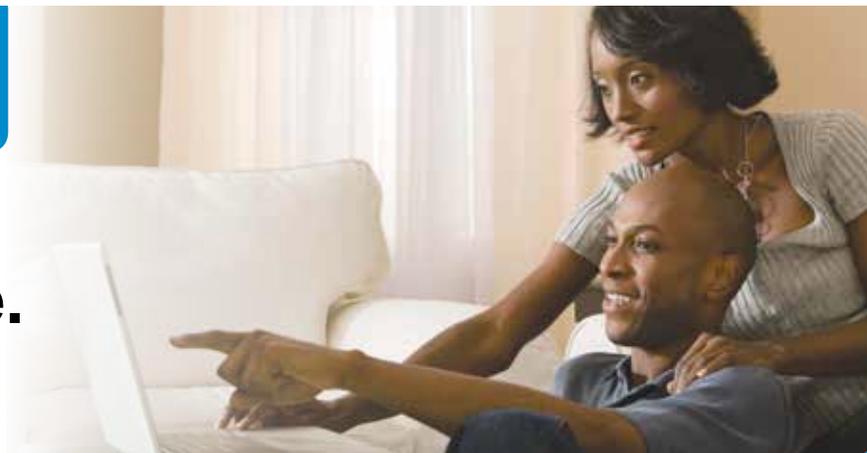
If you're ready to improve your well-being, Healthy Lifestyles can guide you on where you want to go. With the Healthy Lifestyles website, you can:

- ▶ Create a well-being plan based on the results of a private health assessment and your own personal targets and goals.
- ▶ Set up custom trackers to keep tabs on your exercise, weight, medication and nutrition.
- ▶ Get access to wellness resources, including videos, articles, healthy recipes and more.
- ▶ Connect with people who have the same goals.

Sign up for Healthy Lifestyles today at [anthem.com/tlc](https://www.anthem.com/tlc).

Healthy Lifestyles

It's your move.



Build your plan

When you sign up Healthy Lifestyles, you'll take a private health assessment. Based on the results of your assessment, you'll be able to spot areas to focus on that will become the basis of your well-being plan. Your well-being plan uses the personal targets and goals you set to keep you motivated, and it changes over time as you make progress toward them.

Track your progress

Take charge of your total wellness with custom trackers that help you manage your physical and mental health, including:

- A food tracker that keeps track of how many calories you consume a day and offers articles on healthy food.
- An exercise tracker that helps you monitor your routine as well as calculate your steps and calories burned.
- A medication tracker that keeps track of your medications and can send you daily reminders.
- A stress tracker to help you keep your stress levels in check and can send personalized reminders and tips when and where you want them, via e-mail or text.

Be more social

With the Healthy Lifestyles tools, there are many ways to connect with people your age and enjoy some friendly competition:

- Join a group that interests you. Share your experiences with others – and learn from theirs – as you work toward your goals.
- Share your progress with your group on social networks like Facebook.

Quit smoking

- Create a personalized plan to quit tobacco.
- Get unlimited social support from a community of quitters.
- Find tips and expert advice to help you quit for good.

Enroll today:

1. Go to anthem.com/tlc and log in using your Anthem user name and password.*
2. Select the **Health & Wellness** tab.
3. To access Healthy Lifestyles, select **Get started** > under the Healthy Lifestyles section.
4. Accept the terms and conditions and take the health assessment to get started.
5. Congratulations! You now have access to the tools and resources that will help you achieve your goals.

*If this is your first visit to anthem.com, select **Register Now** and follow the registration screens. Once you've registered, log in to get started.

Have questions?

Talk to your human resources representative about Healthy Lifestyles, or visit anthem.com/tlc to learn more.

