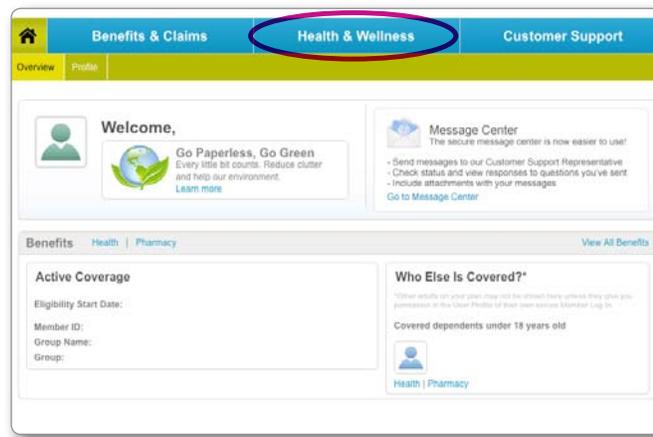
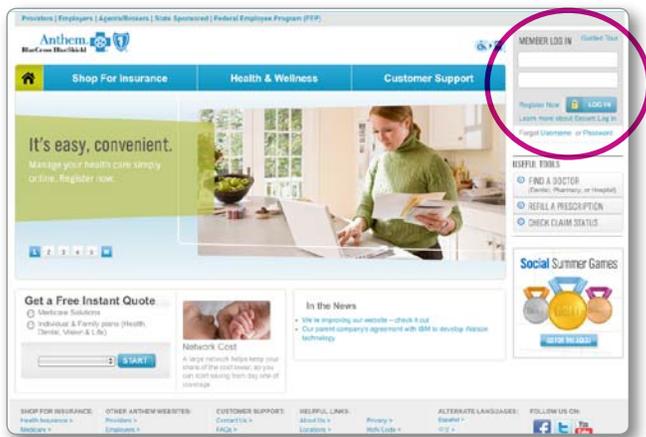


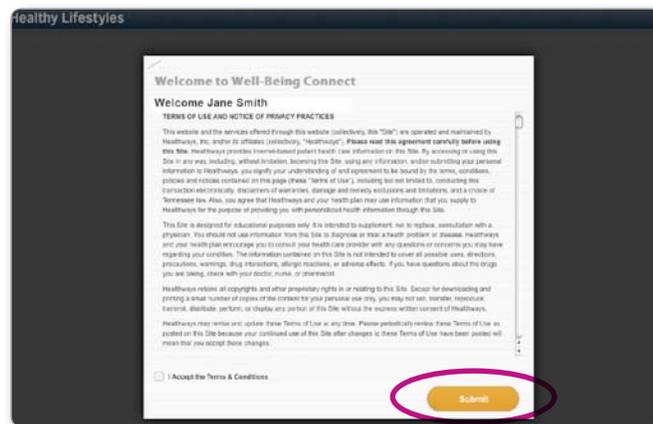
## How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

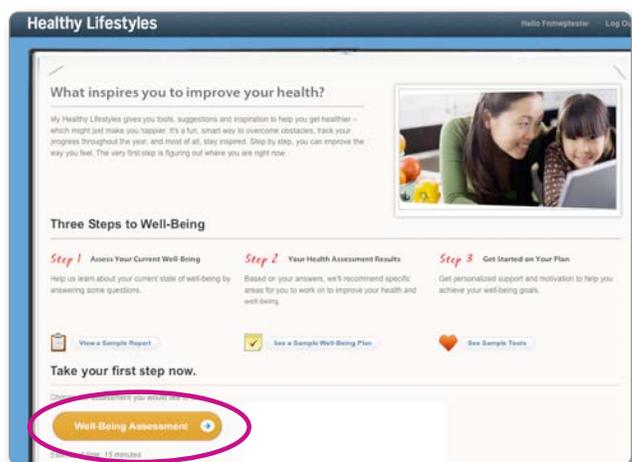
2. Select the **Health & Wellness** tab.

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.



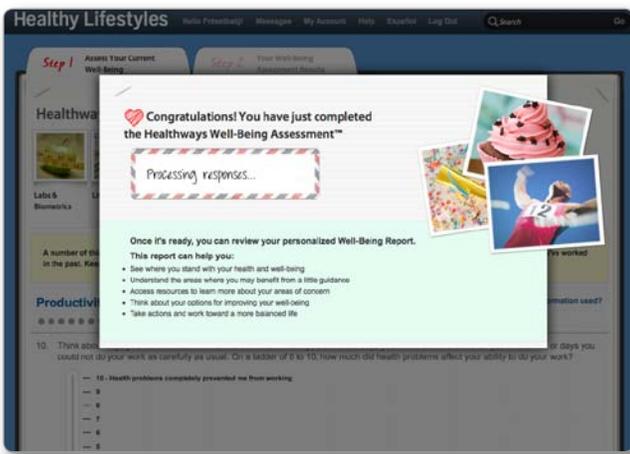
3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!



5. Select **Well-Being Assessment** 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.



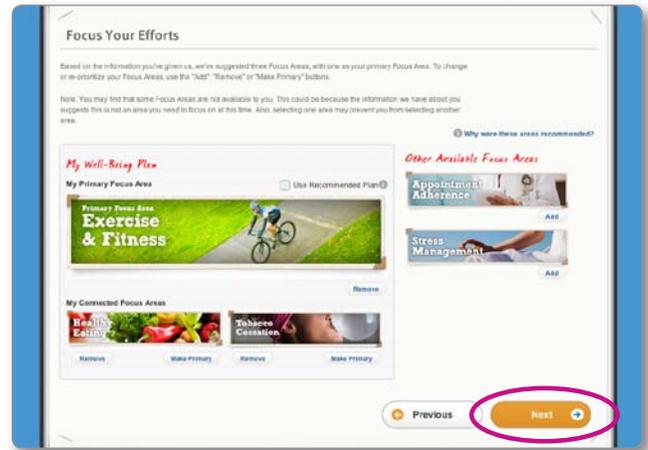
7. When you answer the last question and click **Finish**, you will see this screen while your answers are processed.



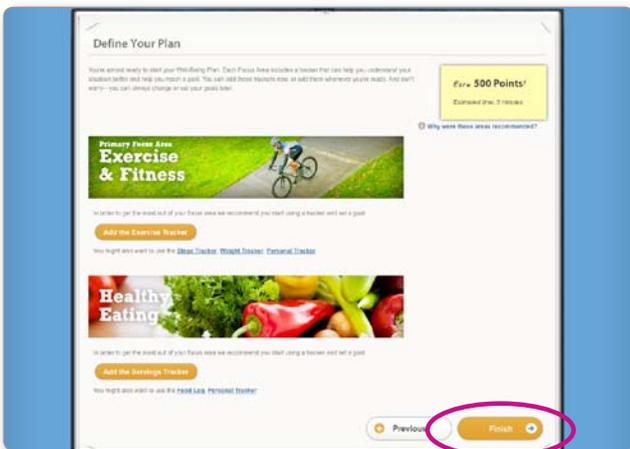
8. Click **View Full Report** or download a PDF. After you've reviewed your results, select **Create Your Well-Being Plan**.



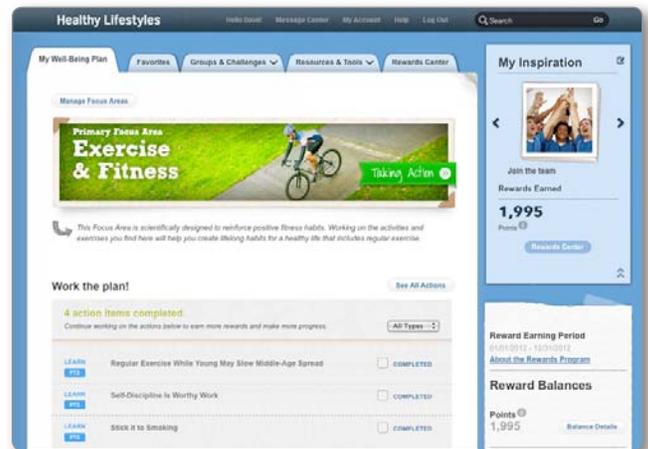
9. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



10. 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.



11. 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.



12. 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.

