**Gym Reimbursement**

Routine exercise can help you manage your weight,

improve your flexibility, relieve stress and lower your

risk for major health problems, such as diabetes and

high blood pressure. Now it can put money back in your

pocket, too. We’ll reimburse you up to **$400** of your

fitness center membership dues!

Just follow these easy steps to qualify:

1. Work out **35** times in each six-month period

within your benefit plan year at a qualifying

fitness center.

2. Track your workout sessions.

3. Send in completed required forms.

To find out more, log in to **anthem.com**, choose the

**Health and Wellness** tab, then select **Program**

**Information** under Gym Reimbursements.

**MyHealth Coach**

MyHealth Coach gives one-on-one coaching support to

you and your covered family members. Health coaches

are ready to help with questions, such as how to eat

better, get more exercise, keep your weight in check,

quit smoking or manage stress.

Health coaches will reach out to you if you’re at risk for

serious health issues or have medical needs. Health

coaches will also help you:

 Prepare for a hospital stay or surgery.

 Coordinate access to eligible care management

programs.

**It helps to have a coach in your corner. To learn more**

**about MyHealth Coach, call Member Services at the**

**number on your ID card**.

**Productivity Solutions**

When you’re dealing with major changes in your life, you

may need support and guidance to get back on your

feet. Medical bills, changes to your pay and other factors

can make a challenging time even harder.

Productivity Solutions is a program that helps you get

back to work — and back to your normal life. A health

coach works with you, your case manager, clinical

experts and other programs and resources to help with:

 Getting your disability benefits.

 Preparing for a hospital stay.

 Coping with recovery.

 Getting job-related rehabilitation to help you stay at

work or return sooner.

Those are just a few examples of how the program

helps. Your services would depend on your situation.

**Call Member Services at the number on your ID card if**

**you have questions or would like to enroll in**

**Productivity Solutions.**

**Worksite Wellness**

You spend so many hours on the job — why not use some

of them to get healthier? Worksite Wellness offers you

many convenient and helpful services, such as flu shot

clinics, biometric health screenings, educational

seminars and even on-site massage therapy. These onthe-

job events can be your starting point for becoming

more involved and knowledgeable about your health.

Be on the lookout for upcoming Worksite Wellness

events from your employer. Signing up is easy and

there’s no extra charge.

**Health Assistant**

The Health Assistant is an online tool that will help you

make positive changes in these areas:

 Weight loss

 Nutrition

 Exercise

 Quitting smoking or tobacco use

 Stress management

 Emotional health

Choose activities and weekly targets to help you, step

by step, meet your overall goal. The Health Assistant

tracks your progress and gives you encouragement

along the way. Plus, it provides you with a wealth of

helpful information to guide your success week after

week.

As your health evolves, you can change your goals and

activities with just a click. And the Health Assistant will be

there every step of the way with fun, interactive online

experiences that cater to your needs and motivate you to

keep working toward your health goals.

To use the Health Assistant:

 Log in to anthem.com.

 Choose Health & Wellness.

 Select Wellness Tool Kit.

**Health Record**

Having your health history in one secure location can help

you keep your health records organized, secure and easy

to get to for emergencies and everyday use. You can enter

your information, such as health conditions, dates of

shots (immunizations), tests and screenings, prescription

and over-the-counter drugs you take and more. Then it’s

easy to print and share with your doctors to help avoid

potential drug interactions and repeat tests or

unnecessary extra procedures.

**To use Health Record:**

 Log in at **anthem.com**.

 Choose **Health & Wellness**.

 Select **Start your Health Record.**

**The Weight Center on anthem.com**

This helpful online collection of resources connects you

to information on how to better manage your weight, eat

more healthfully and ways to take care of your

emotional well-being to be your very best self. It also

includes links to helpful tools like a BMI calculator, an

upbeat Pandora workout station, and discounts on

f tness products i and services. To access The **Weight**

**Center**, visit **anthem.com/theweightcenter** and either

register or log in to your Anthem account.

**SpecialOffers**

Saving money is good. Saving money on things that are

good for you — that’s even better. With SpecialOffers,

you can get discounts on products and services that

help promote better health and well-being. It’s just one

of the perks of being an Anthem member. To find the

discounts that are available to you, log in to

**anthem.com** and choose **Discounts**.

**Pedal to Health**

Pedal to Health is an online resource that explains how

to improve at bicycling — no matter your skill level. To

get started, go to **anthem.com/pedaltohealth** and

answer a few quick questions about yourself. Then, we’ll

give you personalized tips to help you learn about

bicycling and enjoy better health.

**You’ll find tips for:**

 Buying a bicycle.

 Fitting a helmet.

 Finding nearby paths.

 Understanding laws and safety tips.

 Starting a fitness plan.

 Bicycling to work.

And much more!