

Reward yourself

for taking care of your health

Your health plan gives you access to health and wellness programs that don't cost you anything extra. From online resources at anthem.com to personal attention from nurses, these programs can help you make better health care decisions. Of course, better health is your greatest reward, but extra incentives can help, too.

Take advantage of these programs to help you and your family take care of your health:

Online Wellness Toolkit

Getting healthier can get easier — with a little help from the Online Wellness Toolkit. Sign up and take a private Health Assessment to find out what's going on with your health. The results can help you set goals and show you areas to focus on and actions you can take to improve your health.

ConditionCare

With ConditionCare, you can get help managing diabetes, asthma, heart disease or chronic obstructive pulmonary disease (COPD). A nurse coach offers expert advice and support so you can follow your doctor's care plan and learn how to take care of your health.

Future Moms

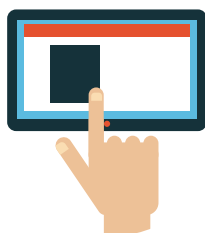
Future Moms is a maternity program that offers resources to help you have a healthy pregnancy and a healthy baby. Call a toll-free number 24/7 to talk to a nurse coach about pregnancy topics. Get prenatal goodies, including a book about pregnancy and weekly tracking tools.



Rewards are waiting for you

- Sign up and use the Online Wellness Toolkit — up to \$150
- Enroll in ConditionCare — \$100
- Graduate from ConditionCare — \$200
- Complete the Future Moms program — up to \$200

Program name	How to sign up	How to earn rewards
Online Wellness Toolkit	Log in at anthem.com .	<ol style="list-style-type: none"> 1. Complete your health assessment by answering questions and reporting your biometric results like blood pressure, weight and cholesterol. You get points after doing this. 2. You can also collect points by setting and completing health goals using the Health Assistant, signing up for challenges and connecting fitness devices. 3. You'll receive a \$50 reward (gift card) when you reach the 100-, 200- and 300-point milestones. Each time you redeem a reward, your point value will reset to zero.
ConditionCare	Call the number on your ID card.	<ol style="list-style-type: none"> 1. Enroll in ConditionCare. Reward: \$100 gift card 2. Graduate from ConditionCare. Reward: \$200 gift card
Future Moms	Call the number on your ID card.	<ol style="list-style-type: none"> 1. Enroll and get assessment no later than 183 days before the baby's birth. Reward: \$100 gift card 2. Complete second assessment between 1 to 97 days before the baby's birth. Reward: \$50 gift card 3. Complete postpartum assessment no later than 56 days after the baby's birth. Reward: \$50 gift card



Check your activities and rewards

1. Log in at [anthem.com](https://www.anthem.com) and go to *Health and Wellness*.
2. Select **Get my rewards**. You can check available activities and your reward status. Any rewards earned will automatically appear on the rewards site.

How to get your rewards

Once you've earned a reward, you'll get information in the mail with instructions on how to redeem for a gift card.