

Create Change on the Go



We know that healthy activities don't happen at your desk. That's why, in addition to your Health Assessment and Digital Health Assistant being mobile-friendly, we have mobile offerings that help you track your progress toward being your best self.

Here's what you can expect from your Online Wellness Toolkit:

Personal Health Record:

Your **Personal Health Record** allows you to store all of your medical history, insurance information, medications and emergency contacts in one handy place, which you can share with your provider.

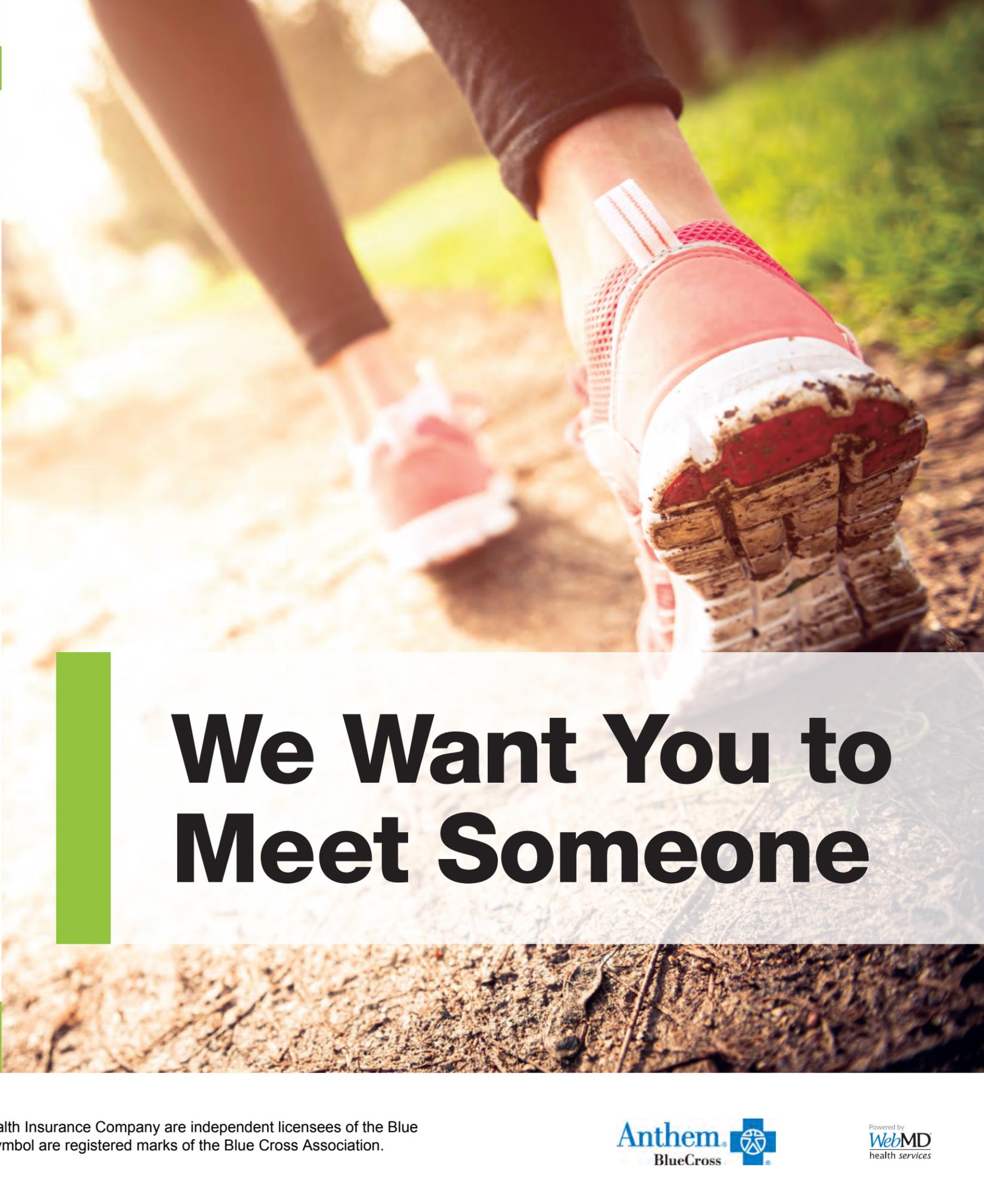
Challenges:

Compete in various wellness Challenges throughout the year for an easy and fun way to track your healthy habits and become more fit.

Sync Up:

Track all your healthy habits in one place. Sync your Fitbit, Jawbone and more than 100 other devices and apps to your Online Wellness Toolkit. As you run, walk, sleep and eat, your activities will automatically load into your Personal Health Record.

► www.anthem.com/ca



We Want You to Meet Someone

Old Self, Meet New Self

We recently met someone who looks a lot like you. This person acts, thinks, dresses and walks similarly, but there's a slight difference. An intangible difference that radiates from within. It's your new self – the healthiest, happiest version of you. Whatever it is you want to be more of, or less of, it's you, only better.

Your **Online Wellness Toolkit**, powered by WebMD Health Services, would like to make that introduction.

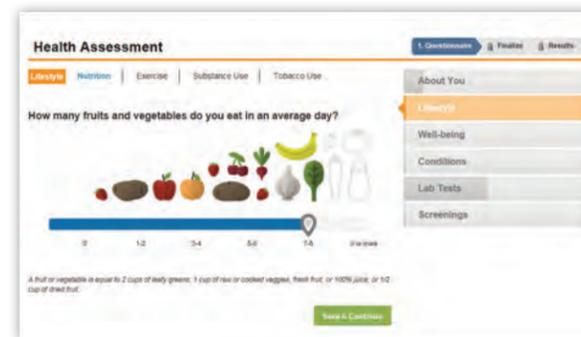
Here's how it works:

Open the Door to Rewards: Health Assessment

The first step toward becoming your best self starts here. Filling out your **Health Assessment** opens the door to your Online Wellness Toolkit. Here's how it works:

- **It's simple.** With an interactive, dynamic and mobile-friendly format, it takes just 10 minutes to complete.
- **It's thorough.** After asking about your medical history, diet, exercise and sleep habits, you'll receive a personalized report showing where your health currently stands, and where you can go from here.

Open the door to your new you:
Visit www.anthem.com/ca to make the introduction.

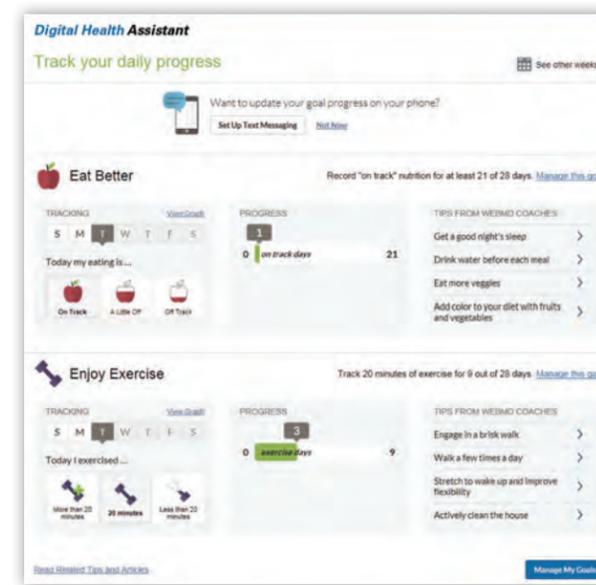


Set Small Weekly Goals: Digital Health Assistant

You've taken your Health Assessment. You've received your personalized action plan. Great! Now start reaching your goals with your **Digital Health Assistant**.

Whether you want to lose weight, quit smoking, manage stress, exercise more or boost your mood, your Digital Health Assistant has a plan for you. Choose small, weekly activities that appeal to your lifestyle, interests and schedule, and then watch your progress – it's that simple!

Your Digital Health Assistant is easy to use, confidential and you can use it on your mobile phone. Get started today by visiting your **Online Wellness Toolkit**.



A One-Stop Shop for Living Your Best Life

You have the power to change your lifestyle—whether it's eating healthier, getting into an exercise routine, learning to manage your stress or stop smoking. But you don't have to do it alone. Your Online Wellness Toolkit is here to help. Consider it a one-stop shop for your health, including:

- **Trackers** including mood, blood pressure, diet, exercise, tobacco use, among others.
- Explore a wealth of health information with over 200 **Health Topics** including conditions, procedures and general health subjects. Read articles, take assessments and learn more about topics that interest you.
- **Plus** interactive quizzes, thorough health information, videos and much more!

▶ Visit www.anthem.com/ca to find all of these tools and more!