

A photograph of a man with a mustache and a young child with curly hair. The man is carrying the child on his shoulders. They are both smiling and looking towards the right. The background is a blurred outdoor setting with trees.

Live healthy, get rewarded

Your guide to earning rewards
through Anthem Health Rewards

It's easy to get started. Here's how:

1. Visit [anthem.com](https://www.anthem.com). If you haven't registered, select **Register now** and follow the instructions.
2. Once you're logged in, go to the Health & Wellness tab.
3. Select **Get my Rewards**.

You'll then be taken to the Anthem Health Rewards site where you can report activities and earn rewards. See inside to find out more.

How to make good health pay off

It's true that good health is its own reward. But getting something extra feels good, too. That's how Anthem Health Rewards works. It rewards you, and your spouse, for taking part in health and wellness programs brought to you by your employer. This guide lists the programs and activities you can take part in to earn rewards, what their reward amounts are and what you need to do to earn the rewards. When you take part in healthy activities, you'll receive the gift cards of your choice! You can cash in your rewards for gift cards from top national retailers, restaurants and travel, entertainment and catalog companies!

Health Assessment

It's a lot easier to get and stay healthy when you know where you stand. That's what the Health Assessment is for. It gives you a snapshot of your health so you know what's going well and if there are any at-risk areas you should know about. Plus, when you complete the Health Assessment, you'll earn \$50 in rewards. Log in at [anthem.com](https://www.anthem.com), go to the Health & Wellness tab and select **Take my HA now**. All information is confidential.

Preventive care

Preventive exams give your doctor a picture of your overall health. They can help you stay healthy, catch problems early and even save your life. To encourage you to get regular checkups, you'll earn rewards when you verify on the Anthem Health Rewards site that you've received preventive care.

- Get tobacco-free certification, earn \$50.

Adult Annual Wellness Exam and Flu Shot

You're invited to participate in a special opportunity through Anthem Health Rewards. Make time to get both your annual adult wellness exam and flu shot and once both the claims are processed you'll get \$100.

Here's what you need to do and what you can earn:

- Adult Annual Wellness Exam and Flu Shot \$100

How to report activities

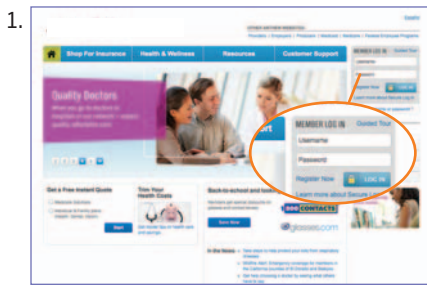
Whenever you do something to earn a reward, you'll either receive your reward automatically or, if you have "self-reported" activities, you'll need to enter your activity online for it to count. Here's how to view or enter your activities:

1. Log in at anthem.com.
2. Go to the Health & Wellness tab.
3. Select **Get my Rewards**.

At the Anthem Health Rewards site, go to *My Activities* to view your activities. To report an activity, under *Available Activities*, select **Report this activity** for the one you wish to enter.

Note: If you don't have Internet access, call the customer service number on your member ID card.

Now let's get you started!

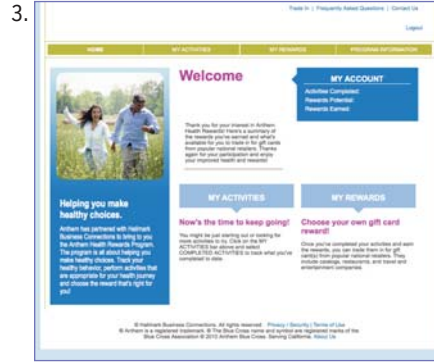


1. Visit anthem.com anytime and log in to view your activities, report new ones and earn rewards.

If you haven't registered, select **Register now**. Once you're logged in, go to the *Health & Wellness* tab.



2. Next, select **Get my Rewards**.



3. Your rewards home page shows your recent healthy activities. Once you start earning, you'll be able to see a summary of your rewards.

When to report activities

Here's a chart showing you which programs or activities automatically count toward a reward and which you need to report online.

Program or activity	How you earn a reward
Health Assessment	Auto processed
Preventive Care	Report your activity online
Wellness exam + flu shot	Auto processed

Good health is worth it

When you're healthy, you can do more of what you like. You also save time and money by doing all you can to help prevent serious health issues. And you've got more energy for work or play. That's why Anthem Health Rewards was designed to give you extra motivation to reach your health goals and reward you when you achieve them! Because when you're healthy, every part of your life is more rewarding.

Getting started is easy. Register or log in at anthem.com to start earning rewards for your healthy activities!

