



1. Financial Fitness – **CHECK-IN!**

Schedule an in-person appointment or phone counseling session with a CSU retirement vendor. After you've completed your financial check-up, complete the required [form](#) and return to Human Resources in person or via email, fax, or postal mail.

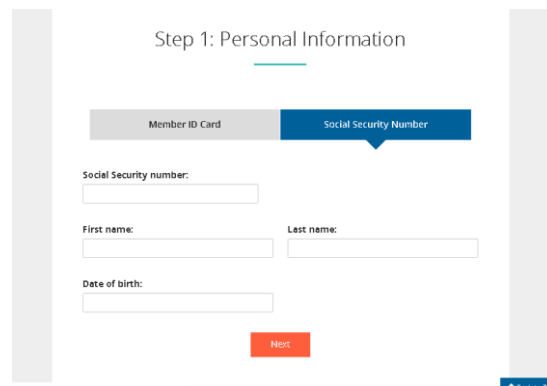
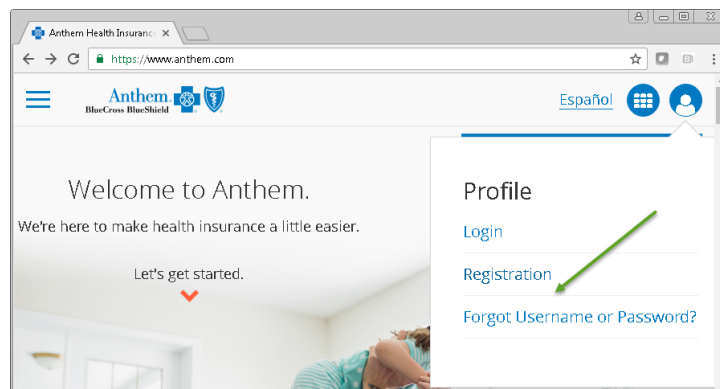
Human Resources – Benefits Unit
555 South Howes Street | 6004 Campus Delivery
Fort Collins, CO 80523
Fax: 970-491-6302 | MyHR@colostate.edu

2. Health Fair – **PARTICIPATE!**

Attend the [FITlife Health Fair](#) (Oct 24, Nov 1, Nov 9, Nov 16). Preventive Health Now (PHN), CSU's health fair vendor, will complete the required testing.

3. Anthem's Healthy Lifestyles – **ENROLL!**

Go to www.anthem.com and login to your account. If you have not created an Anthem account, click the person icon in the upper, right hand corner of the screen and click 'Registration' then enter your personal information (SSN or member ID).



Once you've logged in, select the 'Health & Wellness' tab at the top of the page. Navigate to the 'Get Started' under the 'Healthy Lifestyles' tab and complete the enrollment process.

https://www.anthem.com/consumer/healthandwellness/at-a-glance

Anthem. BlueCross BlueShield

Home Benefits Claims **Health & Wellness** Resources Customer Support

Health & Wellness Overview Wellness Tool Kit

Health & Wellness Overview

We are dedicated to your health and wellness. Stop by anytime to learn about your health, get support to manage ongoing health issues, or make changes in your life like trying to quit smoking, get fit, eat better and more. So, have a look around and start using your healthy tools and resources.

Also, check out the Health & Wellness Programs area below, to learn about other resources available to you. Through these programs you may also get personalized one-on-one support from our team of health and wellness experts.

Health Assessment

How Healthy Are You?

Determine your overall health status by completing the Health Assessment. Identify your health risks and see how your health compares to other members. Then learn what steps you can take to make the biggest improvements in your lifestyle and your health.

[Take my HA now >](#)

Healthy Lifestyles

Gain control of your health. With Healthy Lifestyles you can:

- Set practical goals
- Create fitness, nutrition and stress management plans tailored to your lifestyle
- Report your activity and track your progress
- Start a tobacco cessation program -- and quit for good
- Access expert health coaches and various online resources to help you reach your health goals.

[Get started >](#)

Health Topics

Here are some of our most popular health topics:

1. [Heart Health](#)
2. [Vision](#)
3. [Chronic obstructive pulmonary disease \(COPD\)](#)
4. [Autism Spectrum Disorders](#)
5. [Diabetes](#)
6. [Cancer](#)
7. [Pregnancy](#)
8. [Tobacco use](#)
9. [Weight Management](#)

[View all >](#)

4. Anthem's Well-Being Assessment – COMPLETE!

After you've enrolled in the Healthy Lifestyles program, you should be automatically directed to complete the Well-Being Assessment. If you are not re-directed, return to the Health & Wellness tab and chose 'Take my HA now.'

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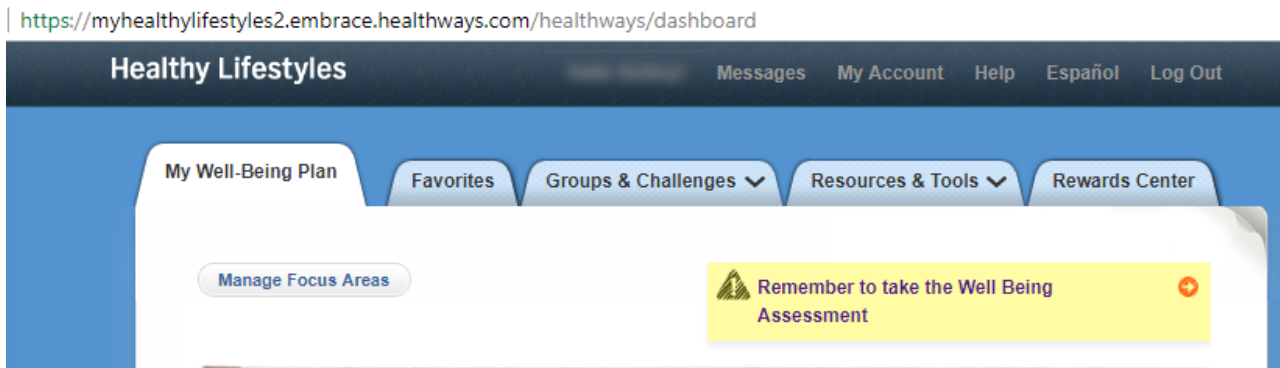
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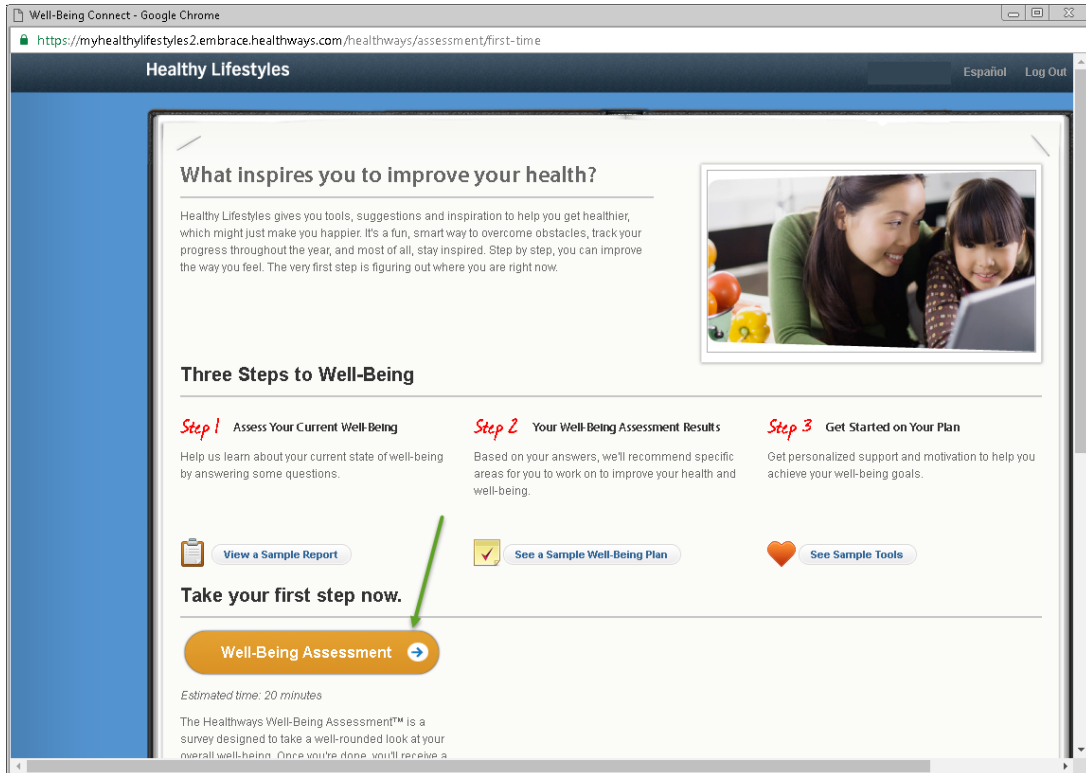
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[View all >](#)

Click the Well-Being Assessment and complete the entire assessment.



- or -



Deadlines for FITlife activities:

February 28, 2018

1. Financial Fitness – **CHECK-IN!**

December 31, 2017

2. Health Fair – **PARTICIPATE!**
3. Anthem Healthy Lifestyles – **ENROLL!**
4. Anthem Well-Being Assessment – **COMPLETE!**

If all activities are completed timely, the \$150 (taxable) incentive will be included on your paycheck in spring of 2018!



555 S. Howes Street, 2nd Floor | Campus Delivery 6004
Fort Collins, CO 80523-6004
www.hrs.colostate.edu | (970) 491-MyHR (6947)