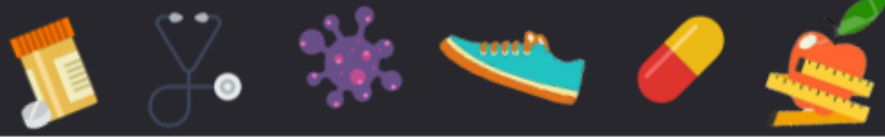


# WELLNESS INCENTIVE



## 1. Financial Fitness – CHECK-IN!

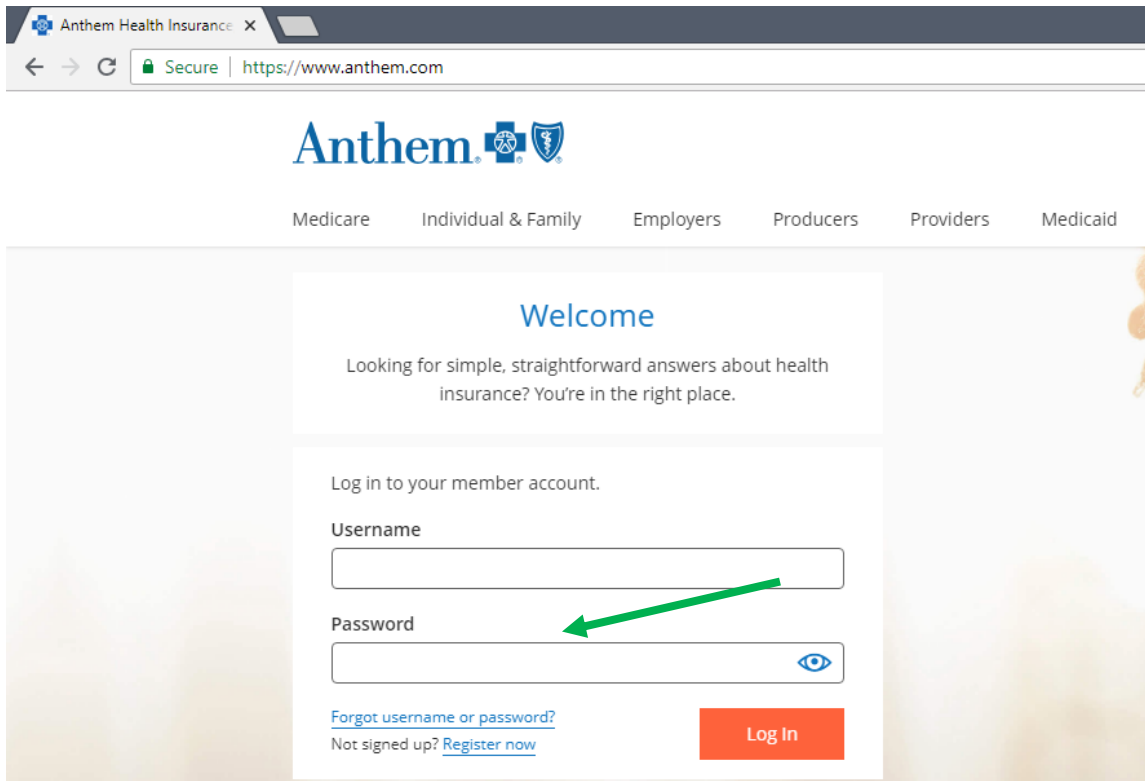
Schedule an in-person appointment or phone counseling session with a CSU retirement vendor. After you've completed your financial check-up, complete this [form](#) online to be counted towards the wellness incentive.

## 2. Health Fair – PARTICIPATE!

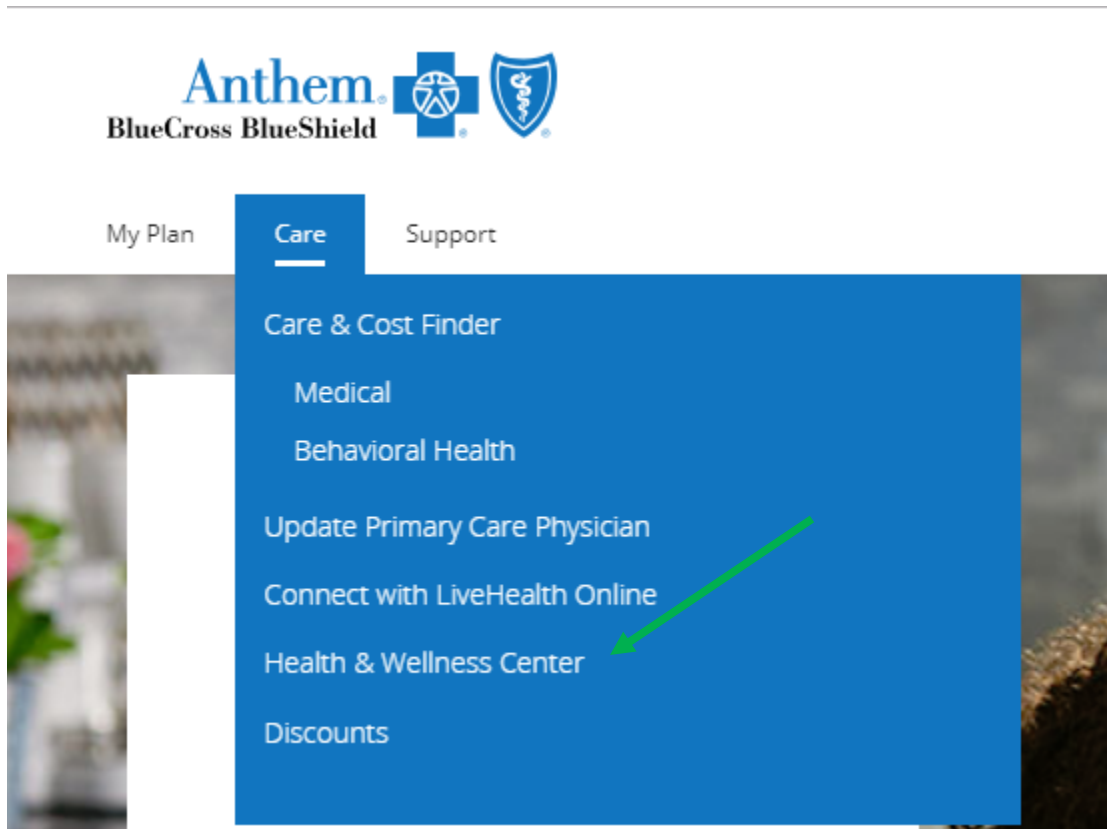
Attend the [FITlife Health Fair](#) (Oct 22, Oct 31, Nov 8, Nov 16). Preventive Health Now (PHN), CSU's health fair vendor, will complete the required testing.

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

Go to [www.anthem.com](http://www.anthem.com) and login to your account. If you have not created an Anthem account, click the 'Register Now' link and enter your personal information (you will need your Anthem member ID).



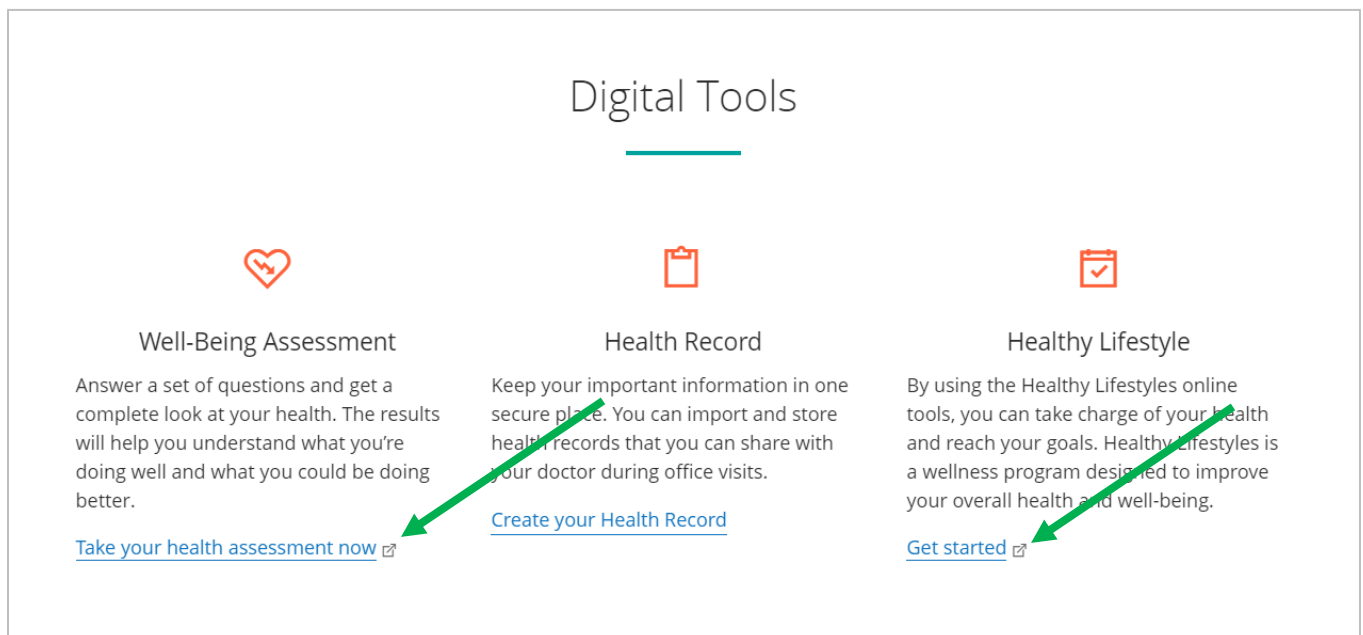
Once you've logged in, select the 'Health & Wellness Center' link from the 'Care' tab at the top of the page.



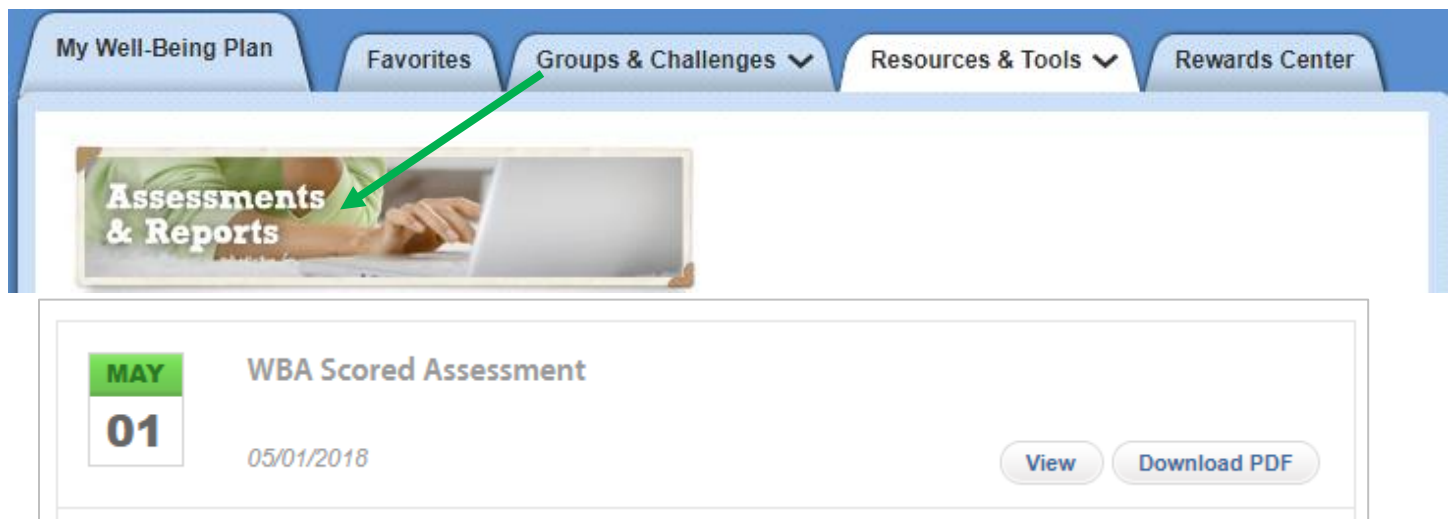
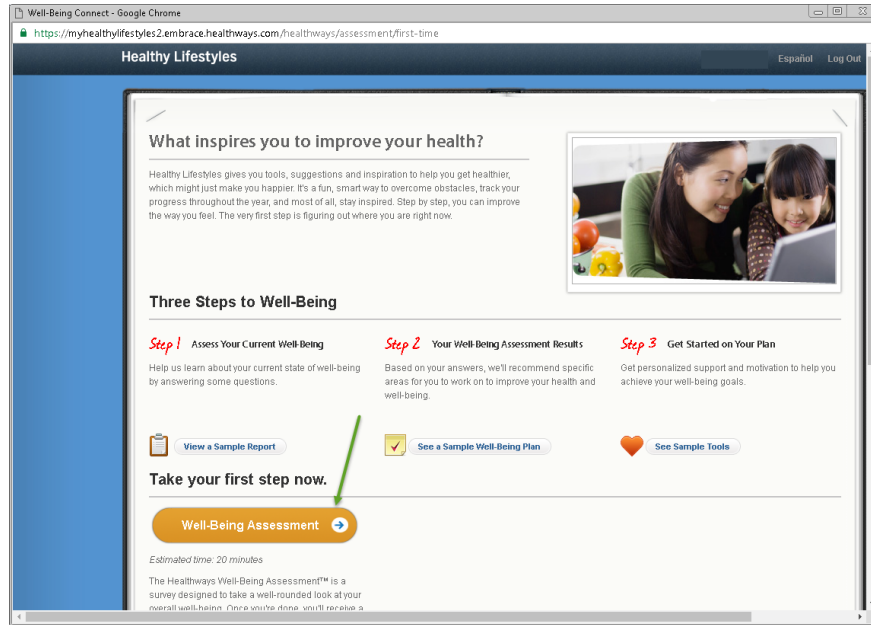
Scroll down on the following page until you reach the 'Digital Tools' menu. From there, you can select 'Get Started' to enroll in Healthy Lifestyles.

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

After enrolling in Healthy Lifestyles, you should be directed to complete the Well-Being Assessment (WBA). If not, return to the Health & Wellness Center tab and select 'Take your health assessment now' from the digital tools menu. You may need to turn off your pop-up blocker to access the WBA.



Click the Well-Being Assessment and complete all questions. To verify you've successfully completed the assessment, navigate to the Resources & Tools tab and click 'Assessments & Reports.'



Deadlines for FITlife activities:

**February 28, 2019**

1. Financial Fitness – **CHECK-IN!**

**December 31, 2018**

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 2019!



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