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.

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

https://myhealthlifestyles2.embrace.healthyways.com/healthways/dashboard

- 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!