Discover the Rewards of a Healthy Lifestyle

Tired of the same old routine? Then it's time to get moving with Anthem Rewards®.

Anthem®
Sure, you meant to get started on regular workouts. But have you?

For most people, the answer is “no.” If that’s true for you, Anthem Rewards® can help you get moving.

Anthem Rewards is an easy-to-use online fitness and nutrition program at anthemrewards.com. It’s a fun way to stay active, eat right, boost your energy and feel better. And, staying motivated is easy as you earn points towards FREE gifts!

Staying Healthy is Easy, Fun and Rewarding

Easy. You can earn:

- 10 points each day you are active 30 or more minutes
- 10 points each day for maintaining a personal nutrition log
- 10 points each week for tracking your weight

Fun. Take the work out of workout. Earn points for fun activities like dancing, gardening, swimming and more.

Rewarding. Redeem your points for FREE gifts at our online store. The more you earn, the better the rewards.

Online Tools to Tailor Your Program

Online tools make it easy to track your progress and tailor a program to fit your lifestyle.

Activity Log. Lets you track your progress and points daily.

Meal Plan. Helps you plan healthy meals and snacks—even create a shopping list.

Nutrition Log. Lets you monitor your nutrients and water intake.

Walking Programs. Awesome Adventures let you take a virtual hike of the Appalachian Trail or enjoy a slower pace with Steps 2 Health.

Cool Tools. Show you how to read nutrition and package labels, calculate Body Mass Index and more.

Let’s Get Started

It takes only minutes and a few simple steps to discover the rewards of a healthy lifestyle.

1. Log on to anthemrewards.com and click on Register.
2. Follow the easy registration steps.
3. Start earning points toward FREE gifts!

For complete program details and features, click on the Quick Glance link at anthemrewards.com.