1. Go to anthem.com and log in using your Anthem username and password.
   If this is your first visit to anthem.com, select Register to complete the registration screens. Once you’re registered, log in to get started.

2. Select the Health & Wellness tab.

3. To access Healthy Lifestyles, select Get started > under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click Submit. Congratulations, you’re registered!

5. Select Well-Being Assessment (2,500 points) to get a complete picture of your current health or select I’d rather do this later. Let me create my Well-Being Plan without it.

6. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click Next.
7. Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two other focus areas. Use the recommended focus areas or swap them out with others. Click Next to continue.

8. You can choose to add the trackers that support your focus areas, or you can add them at a later time. After you have chosen your trackers, click Finish to earn 500 points and complete your well-being plan setup.

9. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources that Healthy Lifestyles has to offer.