What will you do for BETTER HEALTH TODAY?

Start by taking the MyHealth Assessment. Anthem Blue Cross and Blue Shield members register/log in at anthem.com. Click the Health and Wellness tab, then click MyHealth Assessment.

YOU’LL GET:

- A personalized report you can share with your doctor.
- Links to information and other resources.
- Prompts to other health programs that may be offered through your benefits plan at no additional cost to you.

Take the MyHealth Assessment today at anthem.com and take action.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans/Finley, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri: a division of the Kansas City area Blue Cross and Blue Shield of Missouri, Inc. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Blue Cross and Blue Shield of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin, Inc. (BCBSWi), which underwrites or administers the PPO and indemnity policies; Compcare Health Services Insurance Corporation (“Compcare”), which underwrites or administers the HMO policies; and Compcare and BCBSWi collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association® ANTHEM and 360° Health are registered trademarks of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.