What will you do for better health today?

**TODAY I WILL**

fight cancer in the produce aisle.

Every day we wake up and begin making choices. Choose better health today. You can start by taking the MyHealth Assessment at anthem.com. Answer a few questions and you’ll get a snapshot of your current health—including what’s going great and any potential at-risk areas. The goal is to keep you well and living fully...for longer.

**TAKE THE MYHEALTH ASSESSMENT AND TAKE ACTION**

Anthem Blue Cross and Blue Shield members register/log in at anthem.com. Click on the Health and Wellness tab, then click MyHealth Assessment. Get your results and personalized report to share with your doctor.