**Accessing Anthem Programs and Discounts**

**ABCBS Blue.jpg**Website: www.anthem.com

Log in with your User ID and Password (under Member Log In). If you have not registered yet, click on the link Register Now and follow the steps (under Member Log In).

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| Health Assessment | Go to Health & Wellness Tab  Then click on Take my HA now (under Health Assessment)  Follow the prompts to fill out the assessment and learn your wellness score. |
| Online Health Assistant | Go to Health & Wellness Tab  Then click on Wellness Tool Kit and click on Start Here (Under Health Assistant)  Take action towards your health goals with a holistic approach to behavior change. Select goals, track your progress, gain key insights, and create a plan that works for you.  Health Assistant helps in the following areas:   * Weight Loss, Nutrition, Exercise, Smoke Cessation, Stress Management, Emotional Health |
| Weight Management Discount | Go to Health & Wellness Tab  Select Access Your Discounts (under Useful Tools)  Then click on Fitness & Health and review your Fitness & Health Offers   * Jenny Craig * Lindora Online * Living Lean |
| Fitness Discount | Go to Health & Wellness Tab  Select Access Your Discounts (under Useful Tools)  Then click on Fitness & Health and review your Fitness & Health Offers   * Global Fit * Fitness Clubs from ChooseHealthy |
| Tobacco Cessation | Go to Health & Wellness Tab  Select Access Your Discounts (under Useful Tools)  Then click on Medicine & Treatment and choose “40% off classes to help you quit smoking…”   * Discounts off classes to help you quit smoking from LivingFree |
| Condition Care Program (Disease Management) | This free program helps members with asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart failure, and coronary artery disease (CAD). Members have 24/7 access to a Nurse Care Manager who can answer questions and give up-to-date information about the Condition.  Call 888-249-3820 to sign up and use the programs at no extra cost.  *NOTE: a Nurse from Anthem will contact members who present with a covered condition. This outreach is designed to proactively engage members in better controlling the disease state.* |
| Other | Go to Health & Wellness Tab  Find member discounts, health awareness articles and more. |