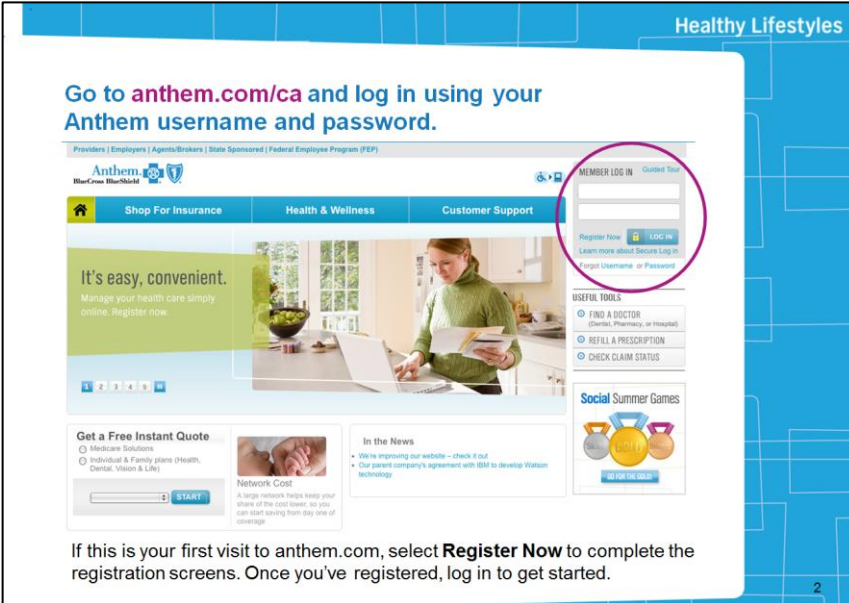


Completing your Well-Being Assessment

Why take the Well-Being Assessment? This assessment was created to help you better understand your health status, and health improvement opportunities. As a reminder, the assessment is not shared with CVT or any other entity, but is intended for you to use as a tool to help you make healthier choices, and focus on areas that may benefit from preventive action. For additional program details, visit the *CVT HealthConnect* webpage at www.cvtrust.org/healthconnect

1. To take the assessment, go to the Anthem Blue Cross web site (www.anthem.com/ca) and log in at the “Member Log In” box. If this is your first visit to anthem.com, select “Register Now” to complete the registration screens.



Healthy Lifestyles

Go to anthem.com/ca and log in using your Anthem username and password.

Providers | Employers | Agents/Brokers | State Sponsored | Federal Employee Program (FEP)

Anthem Blue Cross BlueShield

Shop For Insurance | Health & Wellness | Customer Support

MEMBER LOG IN Guided Tour

Register Now | LOG IN

Learn more about Secure Login | Forgot Username or Password

USEFUL TOOLS

- FIND A DOCTOR (Dentist, Pharmacy, or Hospital)
- REFILL A PRESCRIPTION
- CHECK CLAIM STATUS

Social Summer Games

Get a Free Instant Quote

- Medicare Solutions
- Individual & Family plans (Health, Dental, Vision & Life)

START

Network Cost

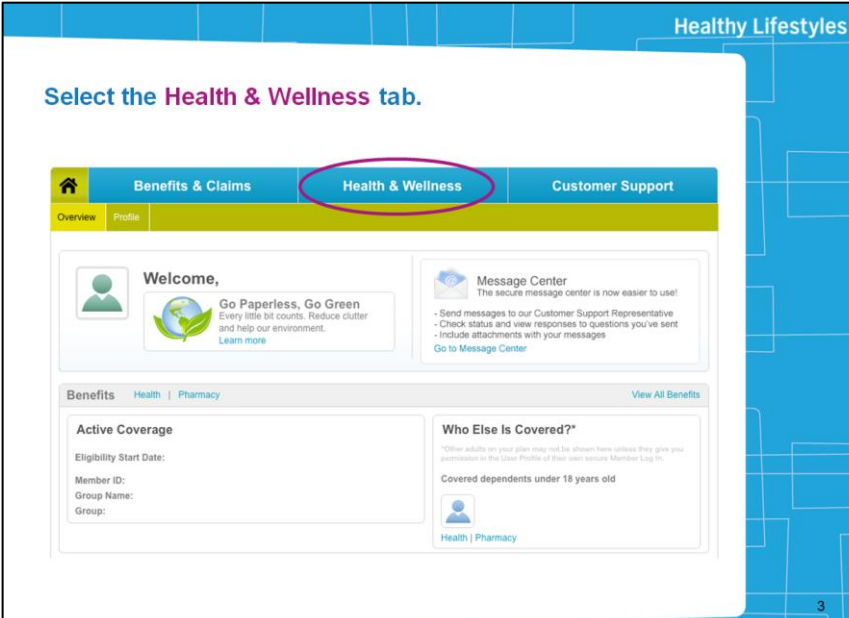
In the News

- We're improving our website - check it out
- Our parent company's agreement with IBM to develop Watson technology

If this is your first visit to anthem.com, select **Register Now** to complete the registration screens. Once you've registered, log in to get started.

2

2. After you have logged in, select the Health & Wellness tab.



Healthy Lifestyles

Select the **Health & Wellness** tab.

Benefits & Claims | **Health & Wellness** | Customer Support

Overview | Profile

Welcome,

Go Paperless, Go Green
Every little bit counts. Reduce clutter and help our environment.
[Learn more](#)

Message Center
The secure message center is now easier to use!
- Send messages to our Customer Support Representative
- Check status and view responses to questions you've sent
- Include attachments with your messages
[Go to Message Center](#)

Benefits | Health | Pharmacy [View All Benefits](#)

Active Coverage

Eligibility Start Date:
Member ID:
Group Name:
Group:

Who Else Is Covered?*

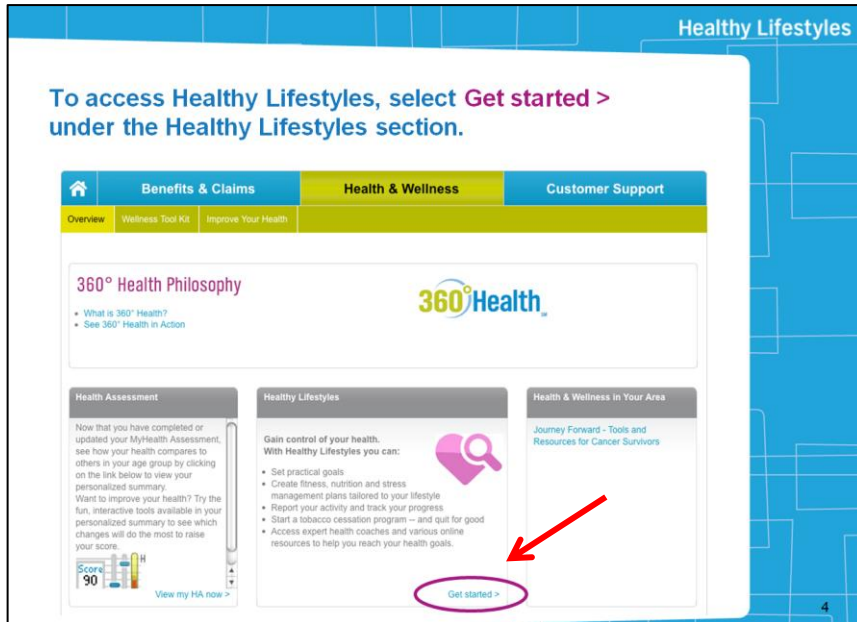
*Other adults on your plan may not be shown here unless they give you permission in the User Profile of their own secure Member Log In.

Covered dependents under 18 years old

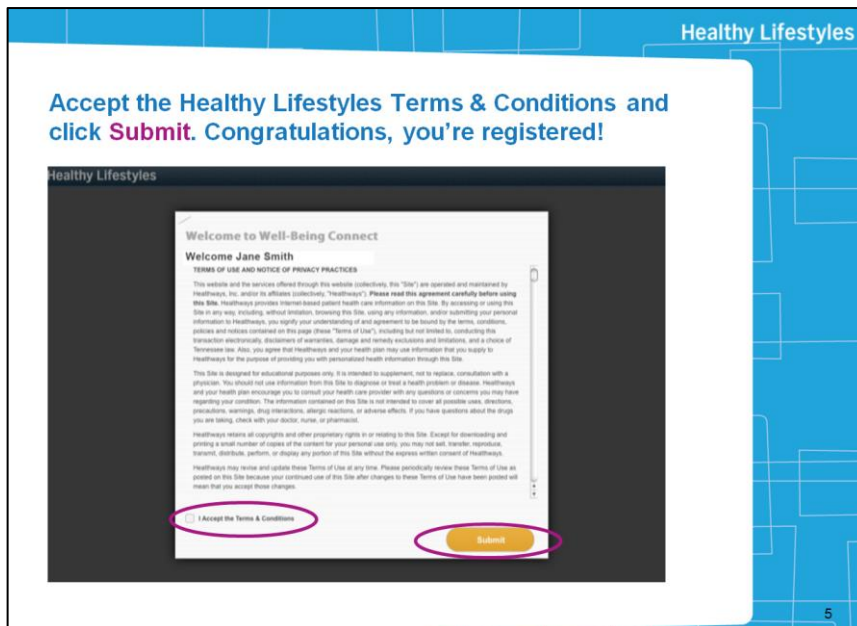
Health | Pharmacy

3

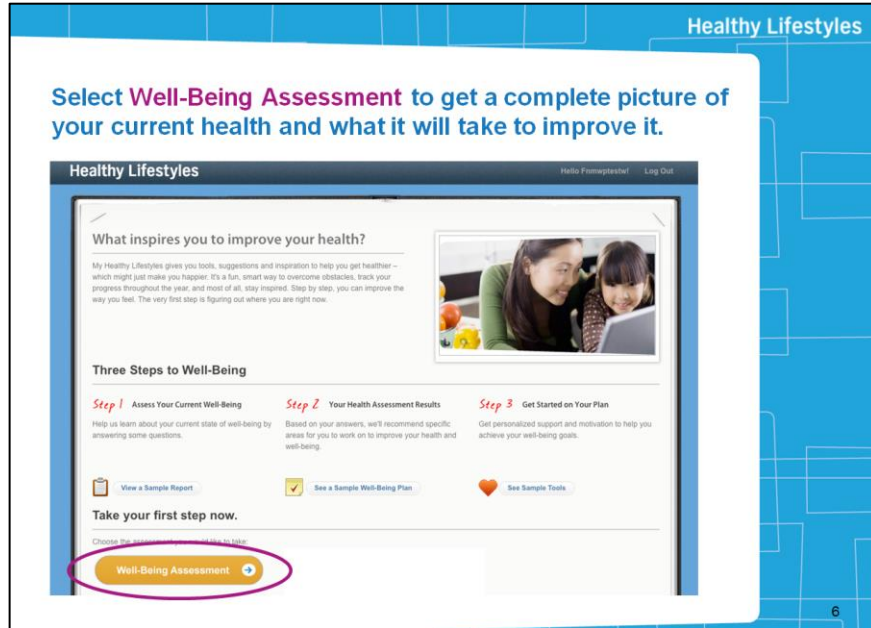
3. Next, select “Get Started” at the bottom of the page in the *Healthy Lifestyles* section.



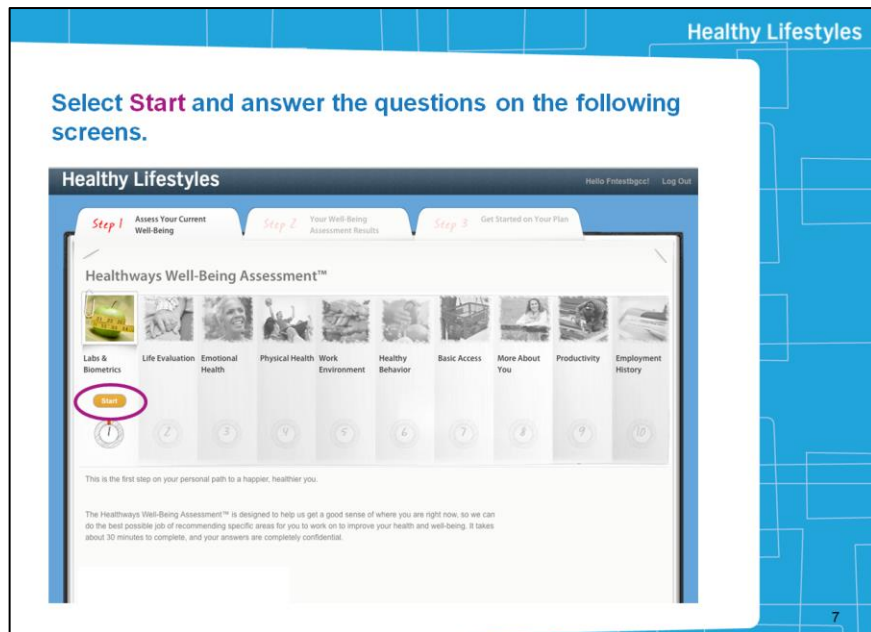
4. You should be directed to the “Welcome to Well-Being Connect” page, explaining the Terms of Use. Read and accept by selecting “Submit” at the bottom of the page.



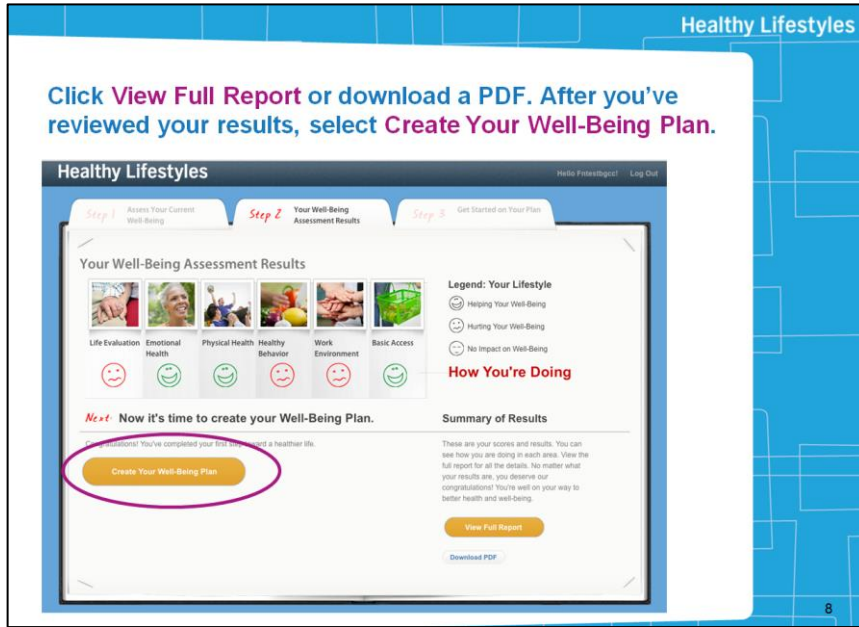
- You'll be directed to Step 1 of the *Healthy Lifestyles* program, the Well-Being Assessment. Select "Well-Being Assessment" at the bottom of the page.



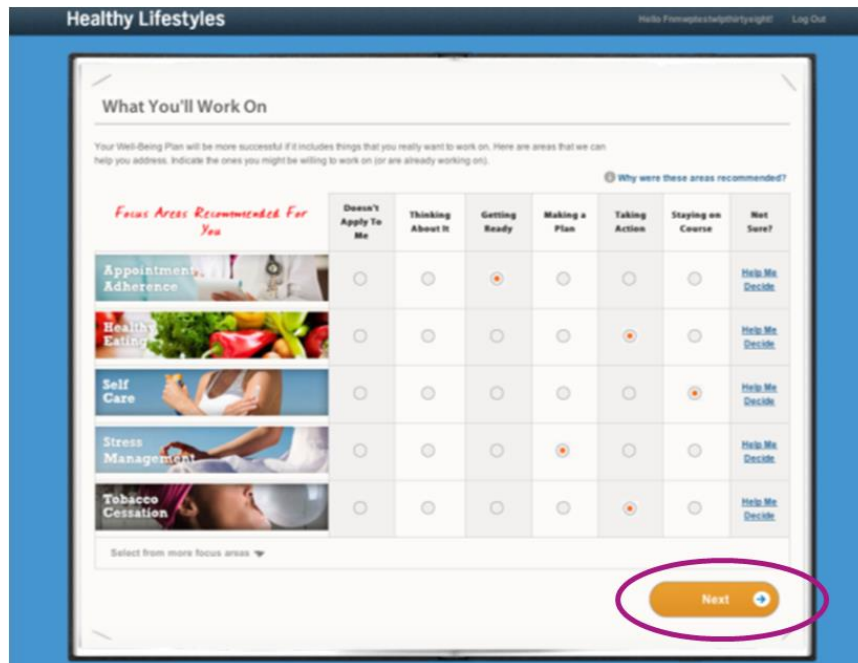
- Select "Start" and answer the questions on the following pages. It will take about 30 minutes to complete the Well-Being Assessment. When you've completed the Assessment, click on "Assessment and Reports" then select "View Full Report" or download your report in a PDF. Congratulations on completing an important first step in improving your health!



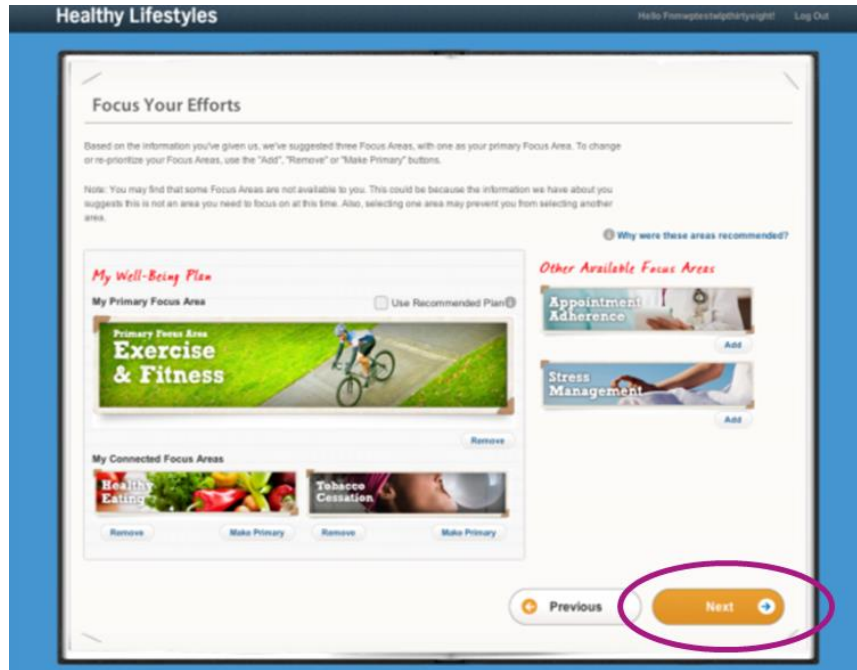
- OPTIONAL:** After you've completed the Well-Being Assessment, and reviewed your results, you have the opportunity to create a Well-Being Plan. This is not required as part of the CVT HealthConnect program, but can be the first steps toward a healthier lifestyle. To begin, click on "Create Your Well-Being Plan."



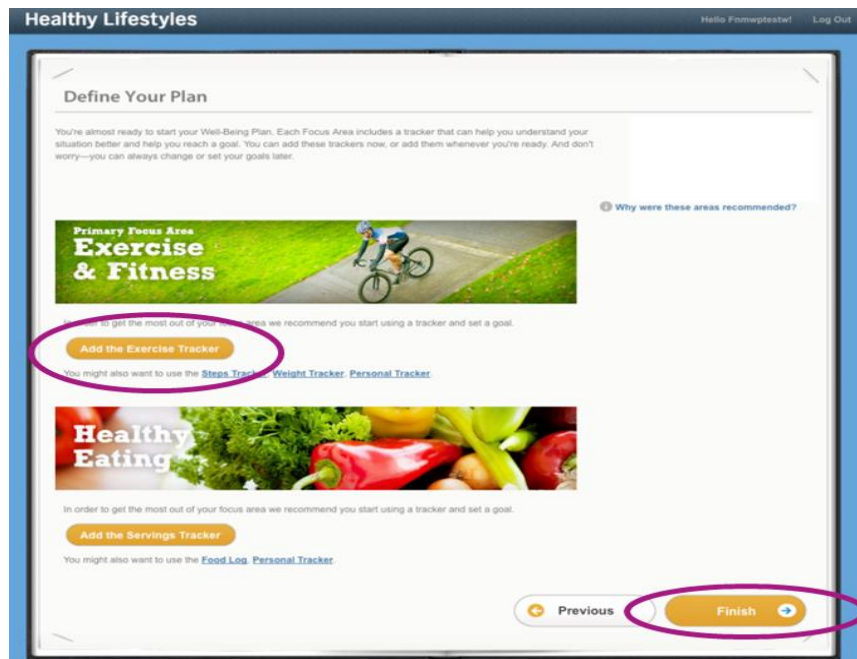
- The next screen will show you a variety of areas the program can help address. Select the topics that interest you, and then click 'Next' to continue.



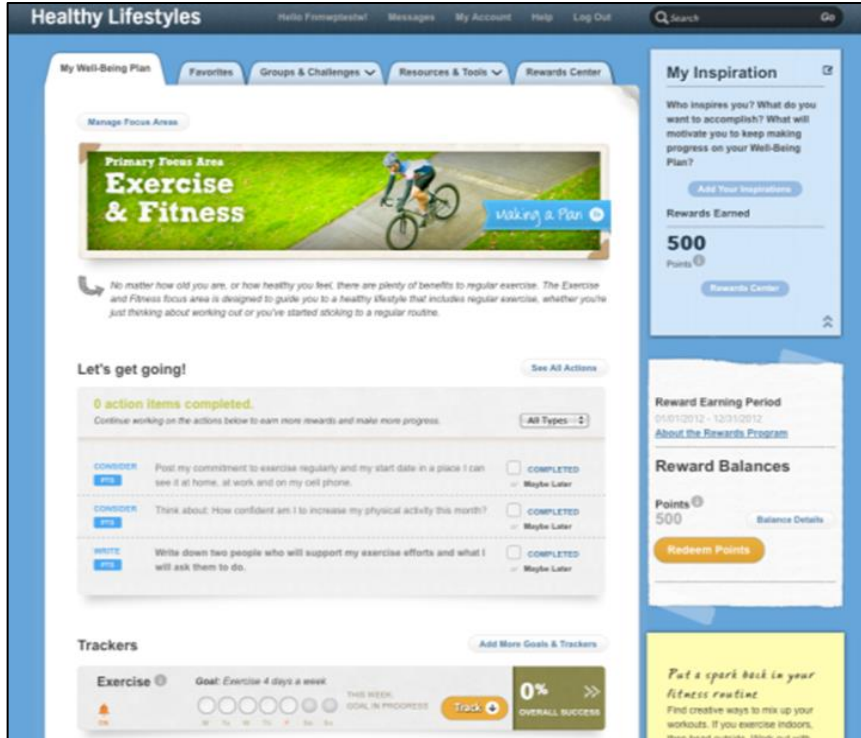
- Based on the interest areas you selected, you'll receive plans for a primary focus area, and two connected focus areas. Continue with the recommended areas, or swap them out with others. Click 'Next' to continue.



- You can choose to add the trackers that support your focus areas here, or add them at a later time. After trackers are chosen, click 'Finish' to complete the well-being plan setup.



11. Your personal well-being plan has been set up! You can begin using the plan, the trackers and the other online resources available to you!



END