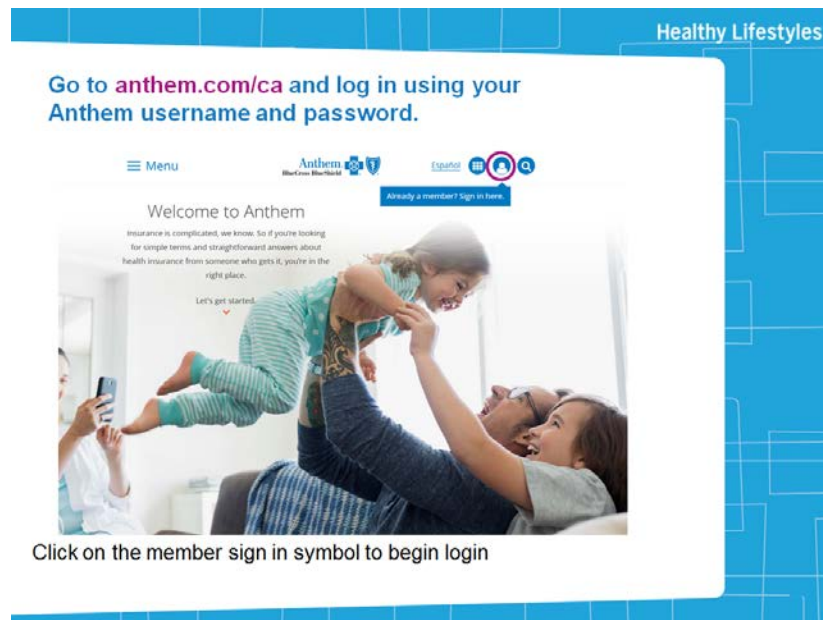


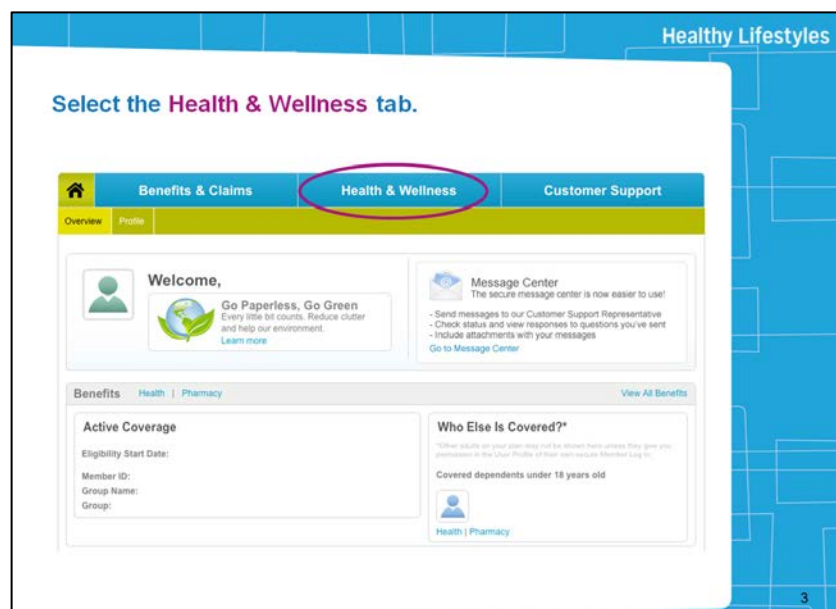
## Completing your Well-Being Assessment

**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 help you make healthier choices, and focus on areas that may benefit from preventive action.

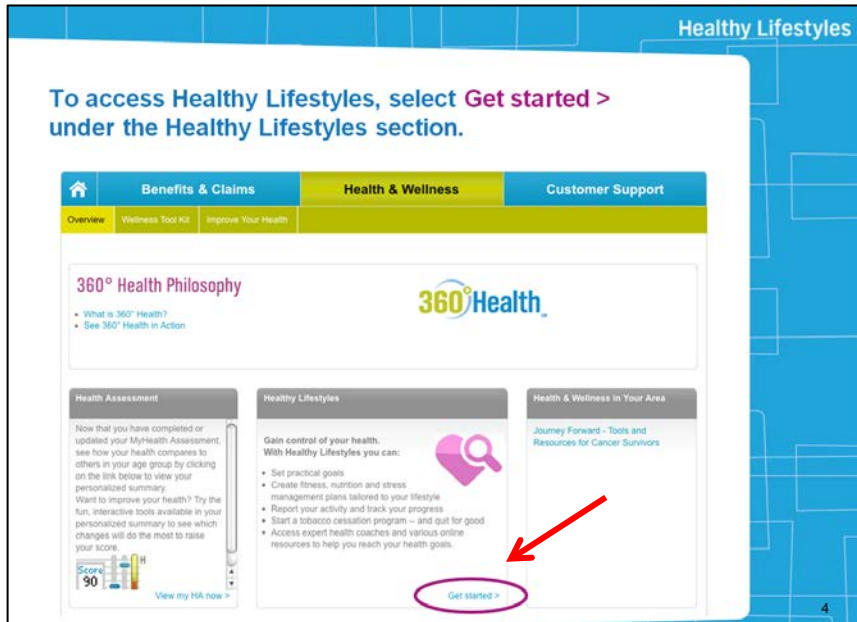
1. To take the assessment, go to the Anthem Blue Cross web site ([www.anthem.com/ca](http://www.anthem.com/ca)) and log in using your Anthem username and password. If this is your first visit to [anthem.com/ca](http://anthem.com/ca), select **Registration** to complete the registration screens. Once you've registered, log in to get started.



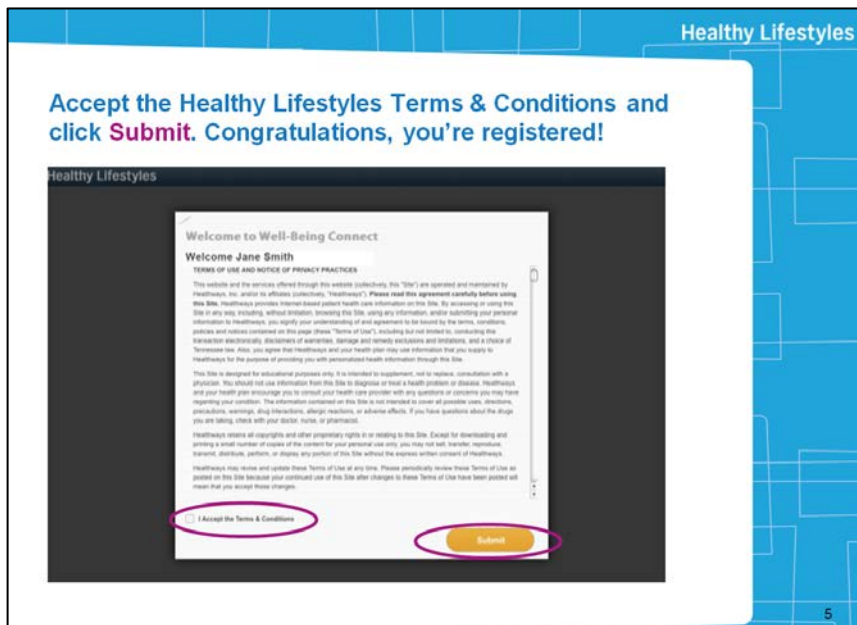
2. After you have logged in, select the Health & Wellness tab.



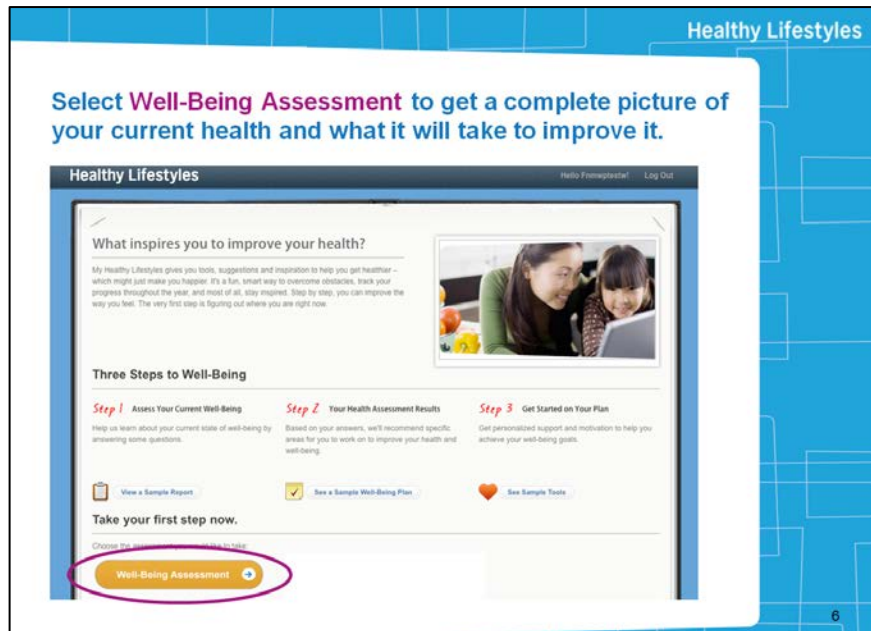
3. Next, select "Get Started" at the bottom of the page in the *Healthy Lifestyles* section.



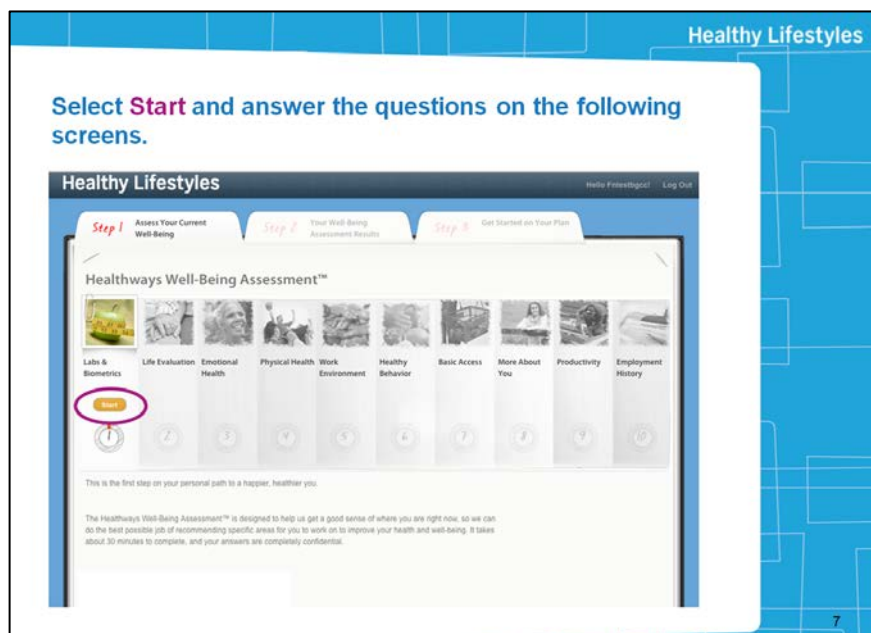
4. You should be directed to the "Welcome to Well-Being Connect" page, explaining the Terms of Use. Read and accept by selecting "Submit" at the bottom of the page.



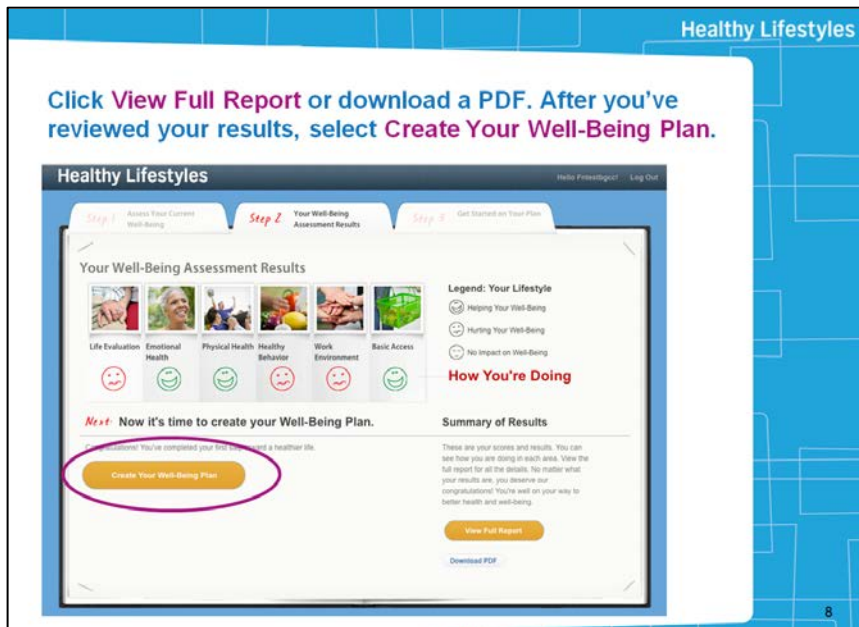
- You'll be directed to Step 1 of the *Healthy Lifestyles* program, the Well-Being Assessment. Select "Well-Being Assessment" at the bottom of the page.



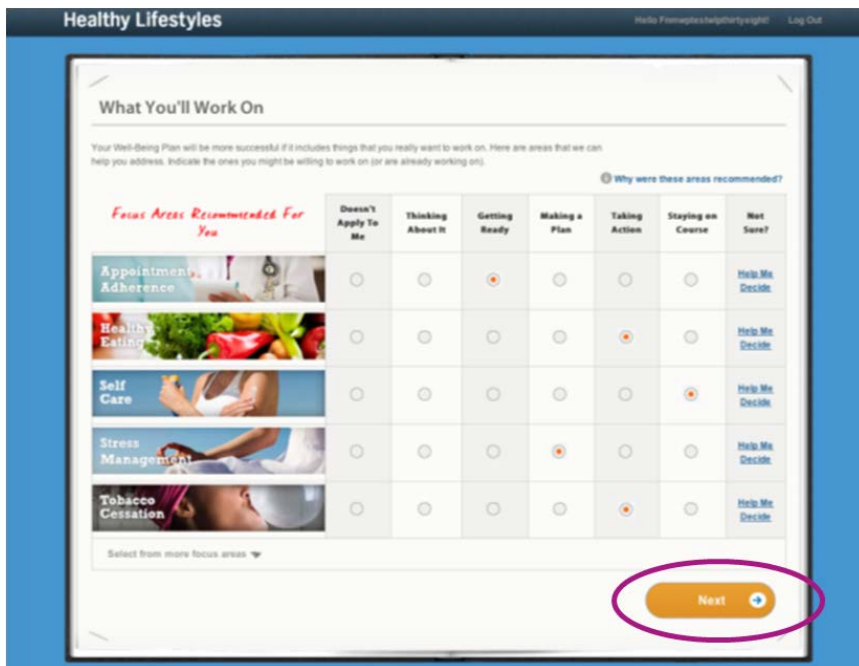
- Select "Start" and answer the questions on the following pages. It will take about 30 minutes to complete the Well-Being Assessment. When you've completed the Assessment, you can select "View Full Report" or download your report in a PDF. Congratulations on completing an important first step in improving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



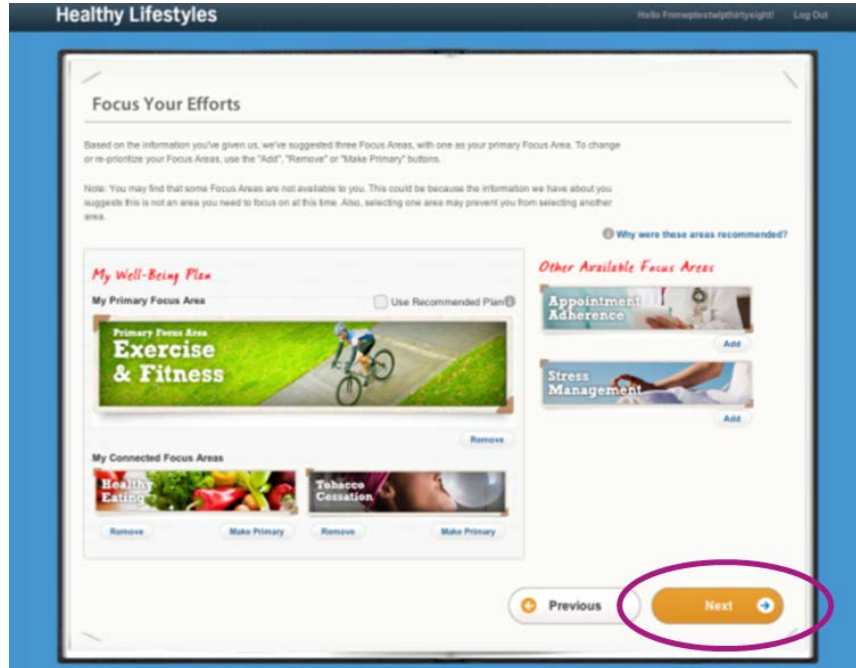
- After you've completed the Well-Being Assessment, and reviewed your results, you have the opportunity to create a Well-Being Plan. To begin, click on "Create Your Well-Being Plan."



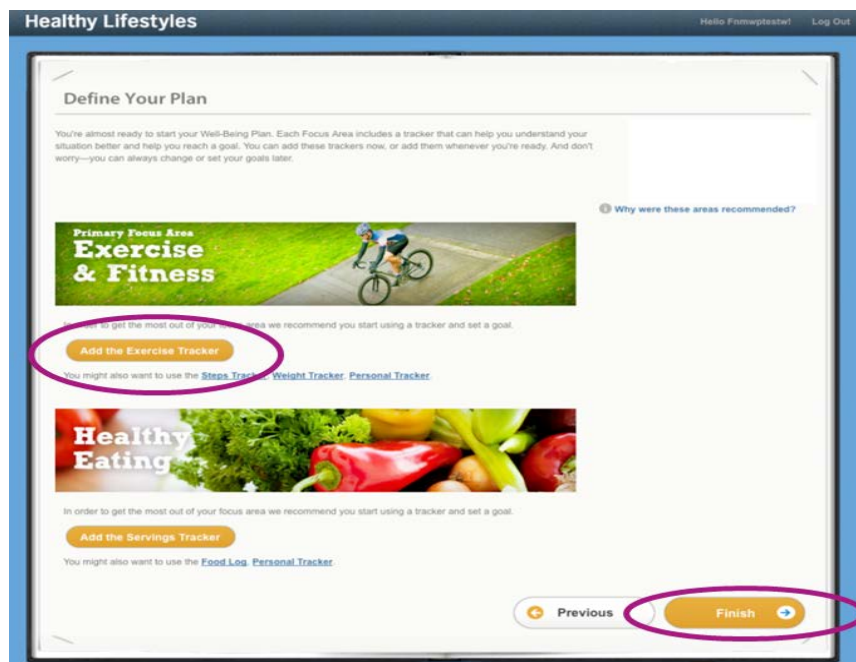
- The next screen will show you a variety of areas the program can help address. Select the topics that interest you, and then click 'Next' to continue.



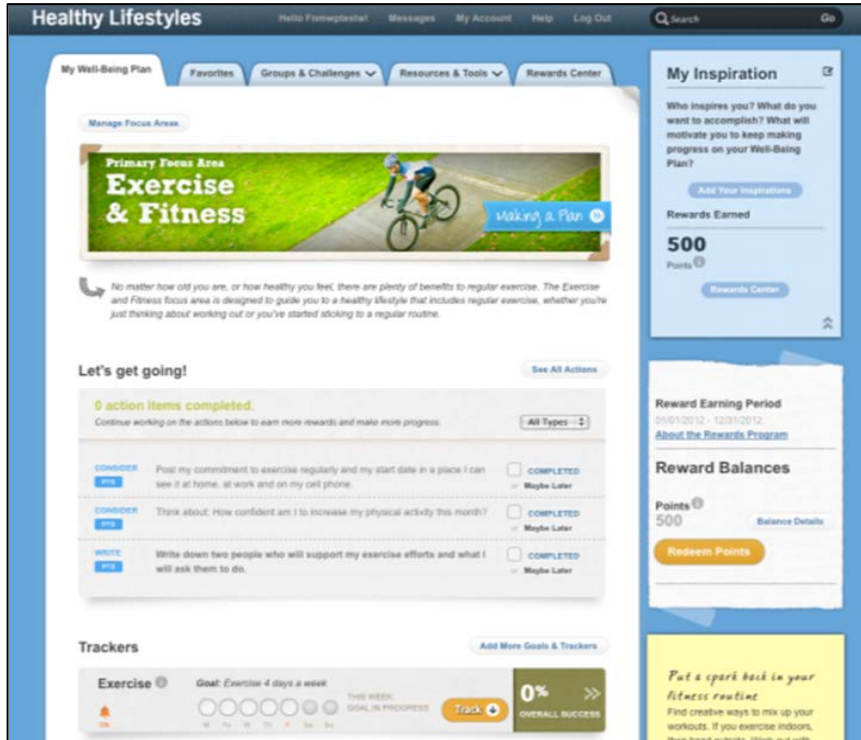
- Based on the interest areas you selected, you'll receive plans for a primary focus area, and two connected focus areas. Continue with the recommended areas, or swap them out with others. Click 'Next' to continue.



- 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