

Complete Anthem Wellbeing Solutions Activities

You will receive 30 points for completing this activity

Name: _____ Facility: _____

Your Anthem Health Insurance offers “Wellbeing Solutions” which is a list of activities you can complete through their platform to earn rewards up to \$200. While earning money with Anthem’s Wellness offerings you can be earning points towards your Compass Health Wellness Program as well!

Instructions: On the Wellbeing Solutions Flyer on the following pages - under Activity Type view the “Condition Management Programs” and “Digital and Wellness Activities,” complete one of the following activities to receive a max of 30 points in your Compass Wellness Program. Don’t forget, you can complete more activities to earn cash through Anthem as well. Include a copy of your completed activity from Anthem with your packet submission to receive points. Access Well-being Coach in the Sydney Health app or at anthem.com/ca to complete available activities.

ConditionCare

Work one-on-one with your health coach and earn rewards for participating in and completing the program.

Future Moms

Moms-to-be can receive support from a registered nurse and earn rewards for completing initial, interim, and postpartum assessments.

Well-being Coach – Weight Management

Receive one-on-one coaching by phone as you complete your goal to earn a reward.

Well-being Coach – Tobacco Cessation

Receive one-on-one coaching by phone as you complete your goal to earn a reward.

Complete a health assessment and receive tailored health recommendations

Complete action plans around eating healthy, weight management, and physical activity

Complete Well-being Coach digital daily check-ins