



MyHealth@Anthem



Anthem 



Official Health Insurance
Sponsor of the 2000-2004
U.S. Olympic Team

Here's to your health!

*MyHealth@Anthem puts
the health and wellness
information you need
right at your fingertips.*



MyHealth@Anthem has received UPAC's Health Website Accreditation and is certified by the Health on the Net (HON) Foundation.

anthem.com

The information contained in this brochure is intended for educational purposes only. Please consult your doctor for advice about changes that may affect your health. Please refer to your Policy or Certificate of Benefits before seeking service for details concerning your benefits, procedures and exclusions.

MyHealth@Anthem

Take a tour today. Just go to the MyHealth@Anthem link on anthem.com.

Log On and Get Healthy

No matter who you are or what your health interests, *MyHealth@Anthem* has something for you.

- **Fitness enthusiasts** — See whether those abdominal machines really work.
- **Diabetics** — Find help in the self-care center.
- **Insomniacs** — Get help nodding off.
- **Smokers** — Calculate how much of your hard-earned money goes up in smoke.



MyHealth@Anthem gives you access to daily health news, plus a searchable library of more than 20,000 articles and news stories. The articles cover a wide range of health and wellness topics and are arranged in an easy-to-navigate, user-friendly format.

It Actually Gets to Know You

MyHealth@Anthem takes you to the heart of the matter with information personalized just for you.

Personal health page

Set up your own health page where personalized greetings welcome you at every visit. Each day's features are a mix of breaking stories and articles tailored to your specific health profile.

Innovative tools

You can participate in polls on health and wellness topics, then view the results. And be sure to check out our interactive calculators to find out your ideal weight, how many calories you should eat daily, and much more.

You can also take one of our quizzes to find out the answers to questions like these:

- **Do you know how to lose weight?**
- **Do you know how to walk your way to fitness?**
- **What do you know about cholesterol?**
- **Do you know how to handle stress?**

Self-care centers

Our self-care centers are filled with condition-specific practical advice, interviews, quizzes and the latest news. You will also find personalized health tracking tools, calculators, calendars and diaries. Get the latest information on topics like:

- **allergies**
- **heart disease**
- **weight control**

Weekly health updates

Get information on the topics you choose in a weekly health update by e-mail. Updates can include breaking news stories related to a health condition or special reports on related medical advances. The e-mail newsletter is packed with information just for you.

Registered users of the Pregnancy Newsletter receive weekly, free e-mail newsletters with information for expectant mothers and new parents. The newsletter discusses what's happening to your body and your baby each week;

covers pregnancy stage-related health topics, such as what exercises to do, what foods to eat and much more; and provides the latest pregnancy and baby news and discounts at the BabyCenter store.

Information You Can Trust

MyHealth@Anthem content is developed in cooperation with leading health authorities and resources. The entire award-winning site is reviewed by independent physicians and other clinicians who work for top health agencies and universities across the country.

Healthier Living is Just a Click Away

We're committed to improving the health of you and your family. And one of the best ways to do that is to provide you with outstanding resources like *MyHealth@Anthem*. So log on and get healthy today!



For more information, visit MyHealth@Anthem.on.anthem.com.

In Colorado: Anthem Blue Cross and Blue Shield is the trade name of Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans, Inc. In Indiana: Anthem Blue Cross and Blue Shield is the trade name of Anthem Insurance Companies, Inc. In Kentucky: Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. In Nevada: Anthem Blue Cross and Blue Shield is the trade name of Rocky Mountain Hospital and Medical Service, Inc. In New Hampshire: Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of New Hampshire, Inc. In Ohio: Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company. Independent licensees of the Blue Cross and Blue Shield Association. ®-Registered marks Blue Cross and Blue Shield Association.