

Go the extra mile for their health



Complement your Foundational Program with an engagement package

GET STRONG

Gives employees the information necessary to make healthy choices, provides incentives to make those healthy choices come to life and to be aware of potential risks. Employees can see the status of their progress and receive their Anthem Health Rewards at anthem.com/ca.

Tobacco-free Certification - \$50¹

For not using tobacco products during the previous six months.

Well-Being Coach: Lifestyle Management

One-on-one support for employees and their covered family members.

Health Assessment - \$50

Take an online health assessment and answer questions about lifestyle, current health and history. Receive access to a personal report with health tips and available online programs.

Flu Shot + Wellness Visit - \$100²

For receiving both a preventive wellness exam and flu shot.

Companies with effective health and wellness programs have up to

34% higher revenue per employee

26% fewer cases of hypertension

25% lower obesity rates (a BMI>30)³

1. To earn the tobacco-free certification reward, an employee must log in to anthem.com/ca and certify they are tobacco-free. 2. Rewards will show in account when the provider submits claims to Anthem after the employee receives their annual preventive wellness exam and flu shot. 3. Towers Watson/National Business Group on Health 2013/2014 Staying@Work Survey. National results.