Go to anthem.com – select Login if you are already registered at anthem.com. Select Register if it’s your first time at anthem.com.

Enter your username and password and select Log In.

Select 360° Health tab to access Healthy Lifestyles.

Select Continue to get started.
Select **I Accept** to continue.

Select **set up your goals and plans** and you will be asked for some general information. You can also take the health assessment by accessing **Assess My Health** on the left navigation bar. Good Luck!