

# Health Assistant is here to help you meet your health goals



Go to [anthem.com/ca](http://anthem.com/ca) to keep your health program on track.

Most people know that good health is built one choice at a time. And, it's a lifelong journey. If you don't want to go it alone and need a little help to stay on track, Health Assistant is the perfect tool for you.

Health Assistant is your very own virtual advisor. When you sign up, you can fill out a detailed questionnaire about your health and Health Assistant will suggest health goals for you based on your health status. Or, you can go directly to the list of goals without filling out the questionnaire. Health Assistant will help you make positive changes in these areas:

- Weight loss
- Nutrition
- Exercise
- Quitting smoking or tobacco use
- Stress management
- Emotional health

Then you choose activities and weekly targets to help you, step-by-step, meet your overall goal. Your Health Assistant tracks your progress and gives you encouragement along the way. Plus, your Health Assistant gives you a wealth of helpful information to guide your success week after week.

As your health evolves, you can change your goals and activities with just a click. And, your Health Assistant will be there every step of the way with a fun, interactive, online experience that caters to your needs and motivates you to strive for your best health.

"Success is the sum of small efforts,  
repeated day in and day out..."

– Robert J. Collier

## Meet your Health Assistant today!

1. Log in to [anthem.com/ca](http://anthem.com/ca).
2. Register (if you haven't yet).
3. Click *Health & Wellness*.
4. Click *Wellness Tool Kit*.

