



Our health connects us.

When you take better care of yourself, those around you will too. Your health influences family, friends, even neighbors. That's why Anthem is committed to helping you improve your health. Which is why we offer access to personal nutrition advice and discounts on gym memberships. All in an effort to help everyone improve their Health Footprint.SM

Did you know you had a Health Footprint?
Log on to anthem.com/connects and learn about yours.

Anthem  
Health. Join In.