

A Healthy Resolution

Happy 2017! Many of us often consider the beginning of a new year the perfect time to make changes in our lives. Some of us may vow to spend more time with our families, while others may want to learn a new skill, travel more, or save more money. However, most people will make a resolution that affects their health, whether it's to quit smoking, reduce alcohol intake, get more physical or eat healthier.

If improving your health is on your list of New Year's resolutions, we hope that you've started by taking advantage of Hazel's new *Annual Physical Leave* policy. Having an annual physical exam is an essential element in maintaining your health, plus, Hazel will pay you for the time off to do it. It's a win-win.



Visiting your doctor yearly can help in diagnosing many medical conditions before they get too serious. It also gives you an opportunity to discuss with her/him problems you are having with weight loss, sleeping, smoking cessation, or depression.

Another win-win can be had by visiting the Anthem.com website and completing a few activities, if you are covered under our health plan. Anthem.com allows you to earn points for completing wellness activities, such as taking a health assessment (make sure you have your cholesterol numbers from that physical you took), registering a fitness device, reading an article, even just clicking to get more information. If you are on the PPO plan, the points you earn can then be turned into gift cards. If you are on the HRA plan, the rewards will be converted to money added to your HRA account.

To earn these rewards, simply log on to Anthem.com (you'll have to create a login, if you haven't already), scroll down to Take Health Assessment on the home page, click on Rewards, and start earning. While you're on the website, take a look around at what else Anthem has to offer.

By taking advantage of the Annual Physical leave and rewards program on Anthem.com, not only are you getting the benefits from a healthier lifestyle, you are also getting a paid day and money for doing it. What better way to start a new year?!