

Time Well Spent



A turnkey solution to help educate your employees about healthy behaviors.

Introducing a new component of 360° Health®, Time Well Spent. Available at no additional cost, Time Well Spent is a health and wellness promotional campaign designed to help you build a culture of health in your workplace.

Time Well Spent is accessible through anthem.com, and gives you access to communication resources and information to help educate your employees about healthy lifestyle changes.

Time Well Spent covers a wide variety of health topics such as healthy eating, diabetes awareness, stroke prevention and more. Plus, all Time Well Spent materials are designed for efficient printing and offer a Print on Demand solution through FedEx Kinko's using preferred, discounted pricing.

Time Well Spent resources include:

- *Health Articles*
- *Posters*
- *Payroll Stuffers*
- *Healthy Recipes and Cooking Tips*
- *"Healthy Bytes"- short, positive bits and facts on making healthier choices*
- *Links to the anthem.com website and other trusted resources for more health information*

As an employer, you have an incredible opportunity to make Time Well Spent a health revolution right where your workers spend the majority of their time. When employees are their healthiest, they're likely to remain productive, on the job and less costly than unhealthy employees. And no matter how long it takes, working to improve the health of your employees and their overall wellness levels can be rewarding.

That's time well spent.



Time Well Spent complements each of our 360° Health programs - from ConditionCare, to 24/7 NurseLine, Future Moms and more. Time Well Spent is available to all Anthem groups regardless of group size, plan design, or funding arrangement.