



1. Financial Fitness – **CHECK-IN!**

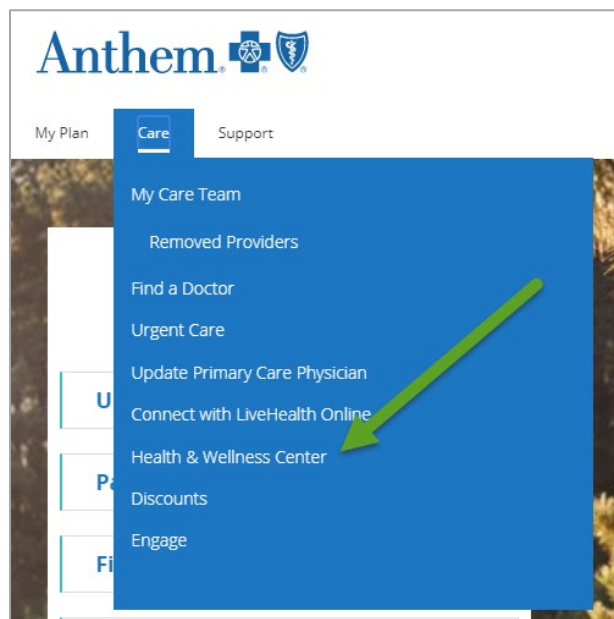
Schedule a virtual appointment, phone counseling session, or attend an online webinar with a CSU retirement vendor. After you've completed your financial check-up, submit the online form at <https://hr.colostate.edu/fitlife-wellness-incentive-form> to be counted towards the wellness incentive.

2. Anthem Engage – **REGISTER!**

Go to <https://app.engage-wellbeing.com/v2/registration> and register for Anthem Engage – your personalized health assistant! Don't forget to download the mobile app, which will help you take charge of your health plan and benefits so you can be confident you're making the best choices for your overall well-being.

3. Anthem's Health Assessment – **COMPLETE!**

Login to your <https://www.anthem.com/> account (or create one with your Member ID) and select 'Health & Wellness Center' from the 'Care' menu.



On the next page, scroll down to and select **WebMD Health Risk Assessment, Learn More'** You will be prompted to complete the assessment. Upon completion, you can obtain a confirmation for your records but you do not need to send the confirmation to Human Resources.



WebMD Health Risk Assessment

Want to be more energetic? Happier? More balanced? Your assessment is here to help create a plan.

[➔ Learn more](#)

WebMD Health Risk Assessment



Take the First Step

[➔ Start your assessment](#)

If all of these activities are completed by **December 31, 2021**, the \$150 (taxable) incentive will be included on your paycheck in spring of 2022!



HUMAN RESOURCES
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09/2021