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](https://hr.colostate.edu/fitlife-wellness-incentive-form) to be counted towards the wellness incentive.

2. **YOU@CSU – LOGIN!**

Go to [https://you.colostate.edu/home](https://you.colostate.edu/home) and login—this confidential portal helps you discover CSU resources to live your healthiest life. From the menu, select ‘Self Checks’ to take an assessment then submit the online form at [https://hr.colostate.edu/fitlife-wellness-incentive-form](https://hr.colostate.edu/fitlife-wellness-incentive-form) to confirm completion.

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

Login to your [https://www.anthem.com](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.
If all of these activities are completed by December 31, 2022, the $150 (taxable) incentive will be included on your paycheck in spring of 2023.