

Time Well Spent™

A turnkey solution to help your employees become healthier and more productive

Available at no additional cost, Time Well Spent is a web-based health and wellness promotional resource designed to help you build a culture of health in your workplace.

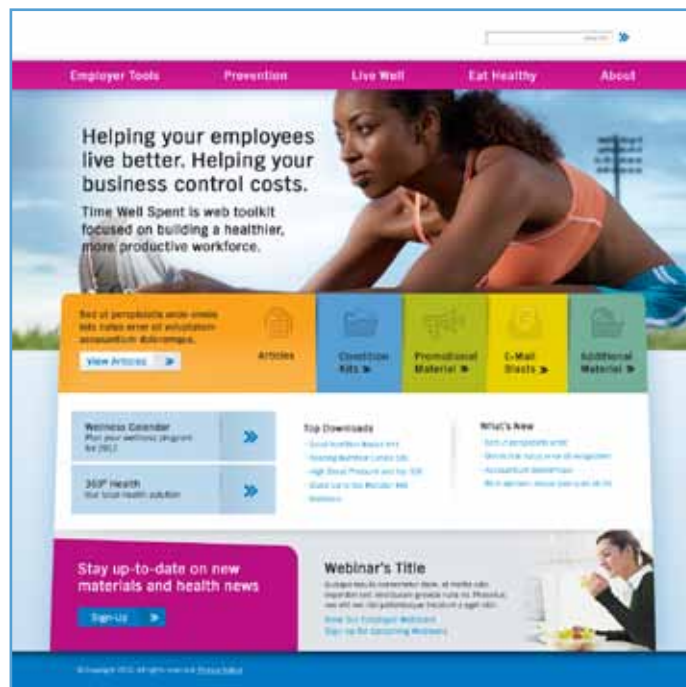
Time Well Spent complements each of our 360° Health® programs and is available to all groups regardless of size, plan design or funding arrangement. It gives you access to communication resources and information to help educate your employees about healthy lifestyle changes.

Time Well Spent covers a wide variety of health topics such as healthy eating, diabetes awareness, prevention and stress. We've included new "how to guides" to help you promote wellness at your workplace easily.

Time Well Spent resources include:

- Health articles
- Posters
- Email blasts
- Healthy recipes and cooking tips
- Materials in Spanish
- Condition Kits: 6-month complete, turn-key promotional campaigns, focused on major health conditions like heart disease, diabetes, and hypertension (high blood pressure).
- An easy-to-use wellness calendar

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 healthy, 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.



Each year in the United States, chronic disease such as heart disease, stroke, cancer and diabetes cause 7 in 10 deaths and account for about 75% of the \$2 trillion spent on medical care.*

Start your organization's journey to wellness!
Go to timewellspent-ca.anthem.com



*Centers for Disease Control and Prevention. Chronic diseases: the power to prevent, the call to control, at-a-glance 2009. Atlanta, GA: U.S. Department of Health and Human Services, 2009.

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