1. **Financial Fitness – CHECK-IN!**

Schedule an in-person appointment or phone counseling session 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. **Health Fair – PARTICIPATE!**

Attend the FITlife Health Fair (Oct 22, Oct 31, Nov 5, and Nov 13). Preventive Health Now (PHN), CSU’s health fair vendor, will complete the required testing. Register at [http://hrs.colostate.edu/benefits/Health-Fair-AFAP.html](http://hrs.colostate.edu/benefits/Health-Fair-AFAP.html).

3. **Anthem Engage – REGISTER!**

Go to [https://app.engage-wellbeing.com/v2/registration](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. As an added incentive, employees who register for Engage by 11/30/19 will be entered to win an iPad!

4. **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 ‘Digital Tools’ and select ‘Take your health assessment now.’ You will be redirected to complete the assessment. Upon completion, you can obtain a confirmation for your records.

If all of these activities are completed by **December 31, 2019**, the $150 (taxable) incentive will be included on your paycheck in spring of 2020!