

Time Well Spent®

Workplace wellness at your fingertips



This turnkey solution can help your employees become healthier and more productive, but takes less work and time from you

Making time for health and wellness programs in your workplace just got easier with Time Well Spent. **Available at no extra cost, this Web-based resource can help you change the lives of the teammates and employees you care about and work with every day.**

Check out Time Well Spent to help build your wellness campaign today.

Learn

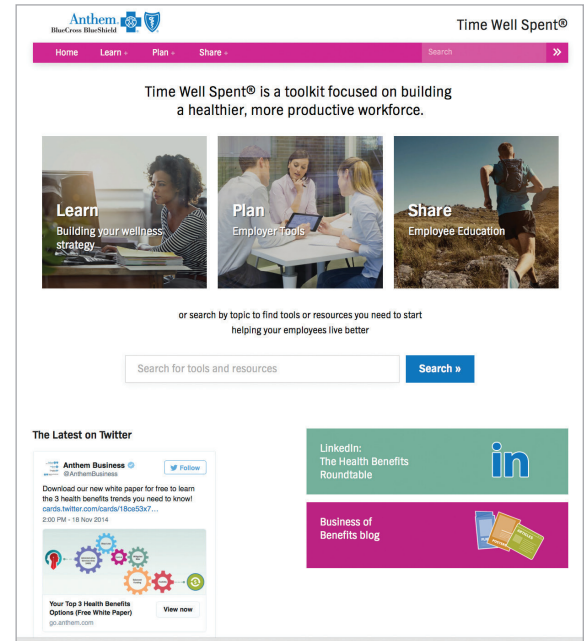
A step-by-step guide to building your wellness strategy, plus tips for getting executives on board and access to webinars to learn more

Plan

All you need to plan or grow your wellness strategy – calendars, challenges, health kits and more

Share

Educational materials that you can pass along to your employees in your workplace



Start your culture of health today at
timewellspent.anthem.com

Here's a snapshot of some of the tools available to you:



Health kits

No-cost, turnkey wellness campaigns focused on important health topics. Each kit includes tools and instructions to help you start an informative, interactive health campaign to create awareness among your employees.



Wellness calendar

Planning your yearly wellness communications? Check it off the list with our wellness calendar. A year of health education to share with your employees includes monthly topics to line up with national health observances.



LunchWell

This kit includes fliers and posters that educate members about the importance of healthy eating and how to choose smart options at lunchtime. Plus, you'll find a comprehensive employer guide to make it simple for you to roll out this campaign in your workplace.



Healthy Hints Challenge

Motivate your employees to make simple, healthy changes with this fun wellness campaign.