



## Our health connects us.

**When you take better care of yourself, those around you will too.** Your health influences family, friends, even neighbors. That's why Anthem is committed to helping you improve your health. Which is why we offer many plans with 100% coverage for checkups and other preventive care. All in an effort to help everyone improve their Health Footprint.<sup>SM</sup>

Did you know you had a Health Footprint?  
Log on to [anthem.com/connects](http://anthem.com/connects) and learn about yours.

**Anthem**   
Health. Join In.