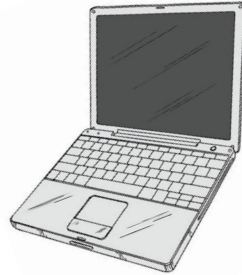


# 1st CHALLENGE CARD COMPLETE

Health Assessment  
and Register for  
"LIVE HEALTH ONLINE"  
(if not already registered)  
[www.anthem.com](http://www.anthem.com)



Must be completed before April 1, 2019

Your Name: \_\_\_\_\_

Employer Group Name: \_\_\_\_\_

*Entry subject to Terms of 2019 KBA Benefits Trust Wellness Program*

# 2nd CHALLENGE CARD

## PARTICIPATE

in a community run/walk event



If you are unable to participate because of medical reasons you can volunteer at an event.

Your Name: \_\_\_\_\_

Employer Group Name: \_\_\_\_\_

*Entry subject to Terms of 2019 KBA Benefits Trust Wellness Program*

# 3rd CHALLENGE CARD COMPLETE

ONE annual Medical  
Wellness Exam

For example..

- Physical
- Mammography
- Pap Smear
- Colonoscopy



Your Name: \_\_\_\_\_

Employer Group Name: \_\_\_\_\_

*Entry subject to Terms of 2019 KBA Benefits Trust Wellness Program*

# 4th CHALLENGE CARD COMPLETE

TWO of the  
following:



- Enroll in Anthem's Condition Care
- Certify you are tobacco free
- Sign up for Anthem's Healthy Tips
- Set up "Healthy Habits" (under Wellness Toolkit)
- View a "Video Tutorial" (under Resources)
- Get a dental or vision exam
- Get a flu vaccination shot

Your Name: \_\_\_\_\_

Employer Group Name: \_\_\_\_\_

*Entry subject to Terms of 2019 KBA Benefits Trust Wellness Program*

FIRST CLASS  
POSTAGE  
REQUIRED



Attention: Lisa Mattingly  
600 West Main Street, Suite 400  
Louisville, KY 40202

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