



KNOW YOUR BENEFITS

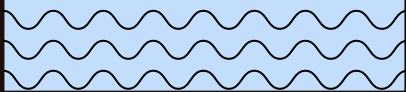
WELLNESS RESOURCES

Did you know your health plans offer a variety of wellness resources?
Explore the following offers!



Wellness Matters

Did you know Anthem Fitness Programs includes gym reimbursements?



Be Well Resources

Explore wellness discount programs: save money while getting healthier.



Wellness Programs

Eat Right Now Program is an evidence-based app to help create healthy habits that last.



Better Health Wellness Tools

Includes:

- Free Health Coaching
- Webinars
- Reliable Health News



Fitness Offerings

Keep moving and healthy with:

- ClassPass
- One Pass Select Affinity
- Affinity Musculoskeletal Program



UHC Rewards

Earn up to \$300 by:

- Reach Daily Goals
- Complete One-Time Activities



Call your health plan member services for more information!

Questions? Call or email 949-644-3294 or HRBenefit@newportbeachca.gov