

Time Well Spent

All the tools you need for your workplace wellness program



Building a wellness culture in your workplace just got easier. With our web-based resource, Time Well Spent®, you can create programs that engage and inspire your employees to be their healthy best.

It's available at no extra cost to you at timewellspent-ca.anthem.com. You'll find ways to:

Learn

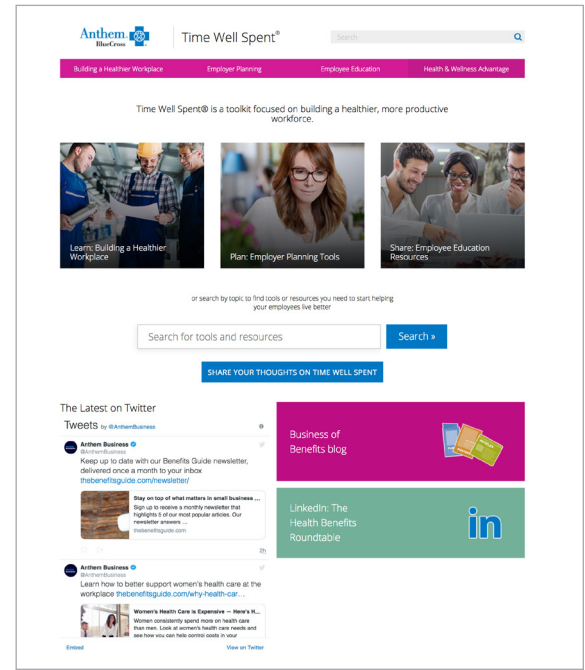
A step-by-step guide to building your wellness strategy, plus tips for getting executives on board and webinars to learn more

Plan

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

Share

Educational materials you can pass along to your employees



Here are just a few of your Time Well Spent tools



Health kits

Share informative, interactive campaigns on important health topics like nutrition, emotional health, quitting smoking, substance abuse and more.



Wellness calendar

Create a year-long wellness strategy with this calendar full of health education to share with your employees. It includes monthly topics aligned with national health observances.



FitLife podcasts

Podcasts are a great way to share wellness topics with your employees. They can tune in to learn practical and fun tips about exercise, weight management, healthy eating and more.



Wellness on the run webinars

Want to take your employees' health to the next level? These quick webinars are packed with smart insights for today's most pressing wellness challenges.