



**You make a difference
in the lives of so many.
Take steps today to
make a difference
in yours!**

You can combine these tools and much more to create your own personal path to better health. Here's an easy way to get started:

- 1 Simply log in at www.ftj.com/moed and select your school district from the list.
- 2 Your password is the same as your school mascot: an example is "wildcats."
- 3 Check out your **Anthem** plan benefit information, provider directories, health and prescription drug information, and more.

85% of people who have used a 360 Health program say their health has improved as a result.*

*Source: WellPoint Voice of the Customer, 2007

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**It's okay to
take care
of you – and
with Anthem,
it's easy**

Missouri Educators
Unified Health Plan



HEALTH | DENTAL | VISION | LIFE | DISABILITY

Give Yourself Some Time

As a faculty and staff member, you probably habitually put the needs of others in front of your own. You're also probably dancing as fast as you can to keep up with administrative and curriculum demands, while meeting the individual needs of each and every one of your students. That's why we've developed easy-to-use programs and online tools to help you take some quality time for yourself. Because taking little steps to take care of yourself today can have a big impact on how you'll feel years from now.

DISCOVER A NEW YOU ON [anthem.com](https://www.anthem.com)

Everything you need to feel better today—and years from now—can be found on [anthem.com](https://www.anthem.com). From ways to fight the battle of the bulge, to snuffing out cigarettes, to managing chronic conditions and healthcare costs—it's a one-stop personal health and wellness shop. Here are just a few of the features available to help you personalize your own feel better plan:

- **MyHealth Assessment** gives you action steps to help you reduce your risks and improve your health
- **MyHealth Record** lets you organize and manage your records—privately and securely, in one place
- **The Lifestyle Centers** point you to information that really matters to you like stress, diet, cholesterol—and gives you tips to make important changes

- **Use Health Trackers** to track your progress with regard to blood pressure, cholesterol—even weight and waist measurements
- **Surf the Health Channels**—from children's health, to life after 50, to allergies and women's health—you're bound to find it here
- **Kick the Habit**—at your own pace—with the **Ready, Set, Stop! Smoking** cessation program
- **Use the Symptom Checker** to dig up clues about what could be causing those aches and pains
- **Know More** with the **Healthcare Advisor™**, which lets you compare hospitals, research conditions and procedures, estimate treatment costs, check for potential drug interactions, and more
- **Connect with People** who are going through similar experiences like pregnancy, diabetes, depression, and more in our **Online Communities**
- **Get Personalized Exercise Plans** and stay motivated with **LEAP®**, the Lifetime Adherence Program created by an Olympic coach



DID YOU KNOW?

Chronic diseases make up more than 75% of annual health care spending in the U.S.* More than half of these conditions are the result of lifestyle choices or health behaviors.

*Source: Watson Wyatt



Take some time out for you today.
Visit [anthem.com](https://www.anthem.com)