



Introducing Healthy Lifestyles!

Get a free gym membership and more

Healthy Lifestyles is the name of LAPRA's wellness program that's free for active and retired members and their adult dependents who are enrolled in a LAPRA medical plan (Anthem Blue Cross PPO, Anthem Blue Cross CaliforniaCare HMO, Kaiser HMO). The **Healthy Lifestyles** program includes:

- A **free** gym membership at more than 9,000 Prime fitness centers
- An online Well-Being Assessment that gives you a snapshot of your current health with personalized feedback based on your health risks
- Individualized support from a health coach
- Tailored action plans designed just for you
- Online health trackers to record your exercise, nutrition, weight, tobacco use, medications and more.
- Reward points that you earn and can redeem for fitness gear, kitchen gadgets and other merchandise

More information

More information about the **Healthy Lifestyles** program is available on the **Healthy Lifestyles** page on the LAPRA website (LAPRA.org) or by calling **Healthy Lifestyles** at **855-817-0647**.

Sign up today at MyHealthyLifestyles.com
or call **855-817-0647**.



Sign up today!

- Go to MyHealthyLifestyles.com and select **Sign Up**.
- After entering your information, select **Well-Being Assessment** to get started.

As a reminder, you and your adult dependents must be enrolled in a LAPRA medical plan in order to sign up for **Healthy Lifestyles**.

