



It pays to  
**be well**

April 2024



## Look for your 2024 Health and Wellness Survey

Last year, over 1,600 MoDOT/MSHP workers responded to a survey we sent to better understand your health priorities and how familiar you are with the programs and resources available to you through Anthem.

We are looking for your feedback again this year. A new survey will be coming from your Wellness Champion. If you aren't sure who your Wellness Champion is, you can [check here](#). We look forward to hearing about how we can better support you.



## Bouncing back from setbacks

If a setback caused you to give up on a New Year's resolution, you aren't alone. For most, setbacks create doubt about making lasting changes to your health.

Fortunately, Anthem-enrolled workers have a variety of support sources that can help. One is Well-being Coach, powered by Lark, which offers support for weight loss or smoking cessation. You can connect to a Well-being Coach today by logging in to the **Sydney<sup>SM</sup> Health** app, then selecting My Health Dashboard > Programs > Well-being Coach.

As a bonus, you can earn \$30 with the It Pays to Be Well incentive program for completing a goal with a Well-being Coach.

For a full list of the programs, visit the Sydney Health app and select Menu > My Health Dashboard > Programs or go to [modot.org/total-health-wellness](https://modot.org/total-health-wellness).



## Earn rewards for taking care of your growing family

Every family grows in its own way. That's why Building Healthy Families offers personalized, digital support through the **Sydney Health** app or at **anthem.com** for no additional cost. This convenient hub offers an extensive collection of tools and information to help you navigate your family's unique journey, including:

- Prenatal health risk monitoring
- A feeding, diaper, vaccination, and development milestone log
- Personalized pregnancy support from your Family Care Coach

You can also earn rewards through It Pays to Be Well for reaching different milestones in the Building Healthy Families program.



## Use Lark to help prevent diabetes

Diabetes is expected to affect 700 million people by 2045.\* To help lower those numbers, Anthem offers enrolled MoDOT/MSHP workers access to Lark's Diabetes Prevention Program. This program is available at no added cost and offers:

- A 26-week Centers for Disease Control and Prevention (CDC)-based program
- A digital scale to track your progress
- Digitally delivered nutrition therapy with personalized

feedback

- 24/7 digital coaching support

To see if you qualify for the program, log in to **Sydney Health** app and select Menu > My Health Dashboard > Programs > Lark DPP to take a one-minute assessment.

If you don't qualify, you are still eligible for Well-being Coaching, an additional program available through Lark. Go to the Sydney Health app and select Menu > My Health Dashboard > Programs for more information.

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## Register to Move for Mental Health

Research shows that movement can have positive effects on your mental health. Since next month is Mental Health Awareness Month, we're challenging MoDOT/MSHP workers to Move for Mental Health with the next Walker Tracker challenge.

Join us May 13–26 as we walk 9,880 steps to raise awareness of the 988 Suicide & Crisis Lifeline.

You can [register for the challenge here](#).