

October 2024 materials are now available.

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It pays to  
**be well**

October 2024



## Turkey Trot: November 4–17

We're inviting you to stay active and healthy — and have a lot of fun along the way. Our Turkey Trot Walking Challenge is a perfect way to help maintain or improve your fitness habits going into the holiday season. As you walk around the turkey-shaped route, you'll discover milestone pins that include health tips for reducing stress, eating healthier, and improving your overall wellness.

[Register here](#) and get ready to trot along with us starting November 4.



## Cancer Care Navigators: here to help in life's hardest moments

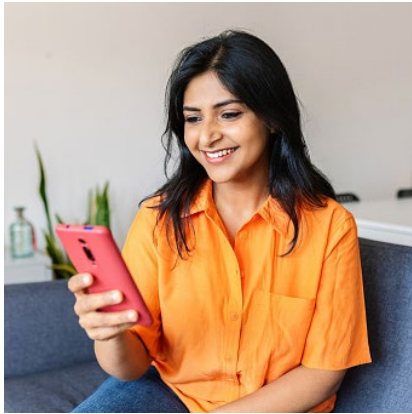
Navigating through a cancer diagnosis and treatment plan can be a daunting task. However, you don't have to embark on this journey alone. Anthem's Cancer Care Navigator program, which is part of your existing benefits and has no extra cost, includes the one-on-one support of a health educator who can serve as your single point of contact for managing your care and connecting with your oncologist and care team — making your complicated medical journey easier and more organized.

Imagine, for example, a patient named Shelley. Like many individuals living with a cancer diagnosis, she struggles with anxiety and the logistical challenges of her treatment. To support her, Anthem's assigned Melissa, a Cancer Care Navigator. Serving as a personal guide, Melissa helped manage Shelley's care coordination by:

- Connecting with her oncologist.
- Arranging crucial support, like transportation to her chemotherapy appointments.
- Providing regular reminders to take her medication.
- Connecting her with local support groups and telehealth services.
- Answering her questions about treatment and medication side effects.
- Checking in on her emotional and physical health.

This personal support helps those facing cancer stay focused on their well-being. In addition, the program offers participants tools and resources to help prevent unnecessary procedures, tests, and emergency room or hospital visits.

If you or a loved one are facing a cancer diagnosis, consider enlisting the support of a Cancer Care Navigator. To learn more, call 833-649-0669 or [view this two-minute video](#) from Anthem's clinical account director in Missouri.



## Last chance to join Wondr Health in 2024

Would you like to learn how to enjoy your favorite foods this holiday season while still losing or managing your weight? Enrollment for the final Wondr Health class of 2024 is open until October 7.

Wondr is an online weight loss program that's clinically proven to help you lose weight, sleep better, and stress less.\* Wondr's renowned doctors and scientists teach practical, science-based skills that can help you feel better than ever and improve your long-term health — without giving up your favorite foods. Through the Wondr app, participants have access to certified coaches, an online community, and a weekly video series.

[Visit this link to enroll.](#) Class begins October 14, 2024.

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## Recipe box

### Antioxidant-rich dishes that fight cancer

The [American Cancer Society](#) reports that 1 in 2 men and 1 in 3 women in the United States will be diagnosed with cancer in their lifetime.

These recipes are rich in antioxidants, which can help lower your cancer risk.

- [Recipe for greens with chicken, apple, and blue cheese](#)
- [Recipe for plant-based beef lentil chili](#)
- [Recipe for raspberry chia pudding](#)