

How to Download and Register for the Mobile Health Consumer App



Step 1: Search "Mobile Health Consumer" on your mobile device:

- Android users can go to the Google Play Store
- iPhone or iPad users can find it in the App Store

Step 2: Get/Download the Mobile Health Consumer app to your mobile device



Step 3: Once downloaded, open the Mobile Health Consumer app

Step 4: Tap "Register Now"



Step 5: Enter your:

- First Name
- Last Name
- Last four digits of your Social Security Number (SSN)
- Date of Birth

Step 6: Tap "Next" to create a username and password



Step 7: Sign in using your username/password *Mobile Health will remember your credentials so you only need to sign in one time

Step 8: You are now registered on Mobile Health Consumer!

• The app is also available to your enrolled dependents over age 18

Access your Gym Membership on the App



Step 9: On the Mobile Health Consumer home screen, tap the Healthy Lifestyles – Gym Membership tile



Step 10: Tap "Go to Website"
• Follow directions on reverse side

* To access real-time features on the app, you must sign into your Anthem.com account in "Deductibles and Balances"

If you do not have a mobile device you can also register online at www.mobilehealthconsumer.com. Select "User" on the top right of the page.



How to Sign Up for Your Gym Membership*



Step 1: To sign up for your gym membership from Healthy Lifestyles, go to MyHealthyLifestyles.com and click "Sign Up"

 Enrolled dependents over age 18 will need to register to access their free gym membership



Step 2: Enter your:

- First Name
- Last Name
- Date of Birth
- Postal/Zip Code

Step 3: Create a username and password and enter your:

- Email Address
- Challenge Questions

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Step 4: Return to the Healthy Lifestyles home screen, enter your newly created username and password and click "Sign In"



Step 5: Check the box to accept the Healthy Lifestyles terms and conditions and click "Submit"



Step 6: Once you have registered and signed in, Healthy Lifestyles will mail a membership card to your home address

You can also print/view a temporary card by selecting the Resources and Tools tab and clicking on "Fitness Centers"