

SUBJECT LINE: Your Life Essential Kit funds are ready to use

These funds help buy nutritious groceries for you and your family.

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Welcome to the Nutrition Life Essential Kit

Here's how to start using your funds for groceries

LIFE@ANTHEM

Thank you for enrolling in the EPO/HMO@Anthem plan and selecting a Life Essential Kit. Your plan is designed to support your whole health and well-being. Having quality benefits and care can make a big difference, and so can having help with everyday needs.

By now, you should have received your Nutrition Life Essential Kit spending card by mail. Your funds are ready for you to use to help pay for groceries. If you haven't received your spending card, call an Anthem Health Guide at **877-875-1223**.

New funds will be loaded to your account each pay period. Any money you don't use will carry over each month until the end of the year. Funds you don't use by December 31, 2022, will not roll over to the next plan year.

Here are other details to help you make the most of this benefit:



What is the yearly value of the spending card?

- ✓ \$1,200 associate only
- ✓ \$2,400 associate + spouse/domestic partner or child(ren)
- ✓ \$3,000 family



Is this benefit taxable?

Yes, the value of the Nutrition Kit will be considered income on your tax return. To help make sure you receive the full benefit amount, Anthem will increase the wages reported on your W-2 and withhold the estimated taxes for you.



Is there an app to use for this?

The Nutrition Kit comes with a free mobile app where you can check your benefits, find a grocery store near you, and see the list of approved groceries you can use Nutrition Kit funds to buy. You can also use the app to pay for groceries at the store by scanning the barcode on it. Download the app [here](#).



Can I use my funds at any grocery store?

You can shop at more than 22,000 participating retailers nationwide,* including Kroger, Ralph's, Smith's, and Walmart.com delivery. Use the Nutrition Kit mobile app or visit [healthybenefitsplus.com](https://www.healthybenefitsplus.com) to see where you can shop near home or work.



What if I have questions?

Contact an Anthem Health Guide by calling **877-875-1223**, using the live chat feature on our SydneySM Health mobile app, or visiting [anthem.com](https://www.anthem.com). We're here to help.

Thank you for signing up for our Nutrition Life Essential Kit. We hope it provides value to you throughout 2022.

Was this email helpful?



Yes



No

* Internal data, 2021.

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