

Free For COVA Care and COVA HDHP Members!

Anthem Launches New Pedal to Health Website

Inspired by the Worlds event, Anthem has launched a new interactive guide to bicycling. We invite you to take a tour of the new site today!

Why ride a bike? The bicycle is a ticket to health, mobility, freedom, and fun. For businesses, bicycling can lower healthcare costs, increase productivity, decrease absenteeism, and foster happier and healthier employees. For individuals, it's an avenue to a better life, a way to bond with friends and family and to connect with others in your community. Bicycling is a great way to reduce stress, boost brainpower, become physically fit and help save the environment all at the same time.



Anthem partners with UCI Road World Championships for Cycling Event in Richmond

This September, the U.S. will host the UCI Road World Championships (Worlds), cycling's preeminent event – right here in Richmond. The last time this event was held in the U.S. was 1986 in Colorado Springs, Colorado.

Worlds is a nine-day cycling extravaganza, featuring 12 World Championship Races for Elite Men and Women, Under 23 Men and Junior Men and Women. Athletes compete in three different disciplines, including the traditional Road Race, the Individual Time Trial, and the Team Time Trial. World Champions are crowned in each discipline.

Anthem is the official health insurance provider of the Worlds, and sees the event as a unique way to inspire people to choose cycling for improved health and lots of fun.



anthem.com/pedaltohealth

Your guide to better, healthier bicycling, brought to you by Anthem Blue Cross and Blue Shield

Get a big discount on bicycling gear.

Members and their families can enjoy a special members-only discount at Performance Bicycle, the nation's largest bicycling retailer. Log in to anthem.com and choose Discounts to learn more about this money-saving opportunity.



Commonwealth of Virginia

