



WELLNESS SOLUTIONS

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# Sharecare®

YOUR PERSONALIZED  
DIGITAL HEALTH HUB



# Say hello to your online health and wellness hub.

To create an account, download the **Sharecare app** or go to **mycare.sharecare.com**. Once you're in, Sharecare's unique features can help you reach your health and wellness goals.

## RealAge® Test

Join over 45 million people who have taken the RealAge Test and see if your body is older — or younger — than you think. Then get tips on how to roll back your age.

## Green Days

Track your health goals easily by “living in the green.” Each time you reach a Green Day, you're one step closer to lowering your RealAge.

## Challenges

Enjoy some friendly competition as you strive to stay healthy.

## Other Features

Check out the **Benefits** tab within Sharecare to see what other features are available to you.

## Sharecare Windows

Focus on your mind, body, and spirit with videos and virtual reality. Take a look at the **Inspirations** feature for help reducing stress and improving relaxation.

## Customized Content

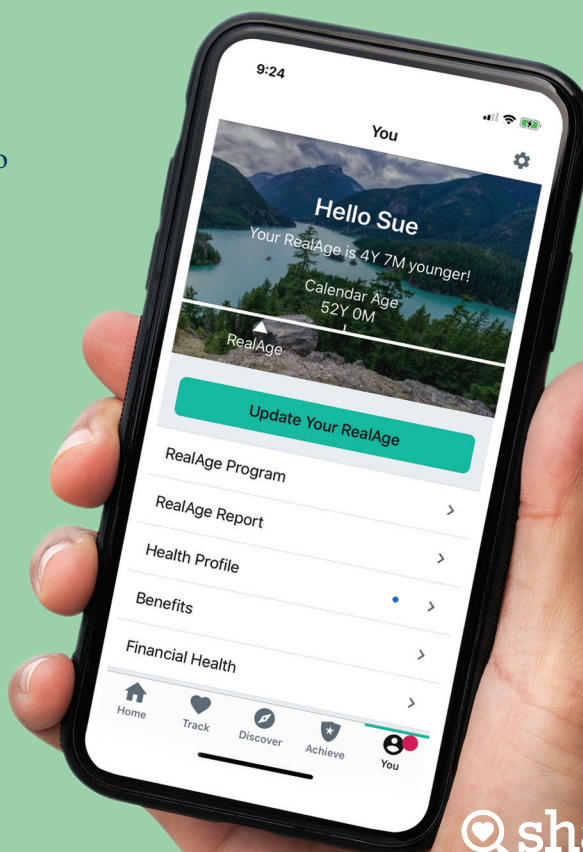
Check out articles and videos that match your personal goals. To follow specific topics, visit the **Health Topics** area.

## Financial Health Guidance

Take a quick assessment and receive additional financial content relevant to your life.

## AskMD

Looking for health advice? Type in your symptoms and get answers.



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# It just gets better and better.

Your health plan is offering even more game-changing tools and resources.

**Check them out:**

## Support from live, online coaches and nurses

Already have a coach or nurse you enjoy working with through your health plan? No problem. Ask them about staying connected through the convenient **Coach** chat feature — which you can find under the **Achieve** tab. It makes it easy for you to reach out to them when you need a little encouragement.

Considering working with a coach or nurse for the first time? Good for you. Whether you want to eat healthier, quit smoking, or manage a chronic condition, Sharecare gives you access to experienced coaches and nurses who can help you stay on track with your health and wellness goals.

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**Download the Sharecare app from your phone's app store to register and take the RealAge test. Or, register online at [mycare.sharecare.com](https://mycare.sharecare.com).**

**Make sure to enter your information exactly as it appears on your member ID card.**

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。  
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