



2021 Wellness Overview

Become a healthier you in 2021

Anthem Blue Cross and Blue Shield (Anthem) and UnitedHealthcare (non-Medicare Advantage Plan Options) eligible members and covered spouses can earn 480 well-being incentive points and choose to redeem them for either:

- **A \$150 Visa Reward Card** (to use anywhere Visa is accepted; expires within 12 months from when it was issued) **OR**
- **480 well-being incentive credits** (to apply toward eligible medical or pharmacy expenses)

Getting started is easy. Here's how.

Create your account and take these steps to earn 240 well-being incentive points

- ✓ **If you haven't already, register for an account at BeWellSHBP.com**
- ✓ **Take the RealAge® Test for the 2021 program year and earn 120 well-being incentive points.**
This step is required to unlock your account and earn points.
- ✓ **Complete a biometric screening for 120 well-being incentive points.**

Earn up to an additional 240 well-being incentive points by choosing from the following activities

- ✓ **Complete calls with a well-being coach. Earn 60 well-being incentive points** up to 4 times, for a maximum of 240 points. *You can only earn 60 points per calendar month, but you can do as many calls as you would like.*
- ✓ **Participate in a monthly rotating online challenge. Earn 120 well-being incentive points** up to 2 times, for a maximum of 240 points. *You can only earn points for completing two challenges per year, but you can do as many challenges as you would like.*
- ✓ **Complete the RealAge Program. Earn 120 well-being incentive points** one time during the program year. Choose the healthy category you would like to work on and set a weekly goal and track progress at least 4 times per week over 3 consecutive weeks (Sunday-Saturday).

Finally, select your reward

- ✓ **Redeem your points by visiting the Sharecare Redemption Center and choosing between a \$150 Visa Reward Card or up to 480 well-being incentive credits*.**

*Members must have all 480 well-being incentive points earned in 2021 to redeem the \$150 Visa Reward Card. The well-being incentive points you earn in 2021 can be redeemed for well-being incentive credits in increments of 120. Note: Once you redeem any of the 2021 well-being incentive points for well-being incentive credits you will no longer be able to select the Visa Reward Card option.

Have questions? Call **888-616-6411** (Monday – Friday 8 a.m. – 8 p.m. ET) **BeWellSHBP.com**

Visit [BeWellSHBP.com](https://www.BeWellSHBP.com) for detailed program information and links to program activities. Earn 480 well-being incentive points in 2021.

✓ **If you haven't already, register for an account at [BeWellSHBP.com](https://www.BeWellSHBP.com).**

✓ **Find Out Your RealAge**

This scientifically-based online assessment determines your body's true age and provides recommendations to improve your well-being.

(Well-being incentive points cannot be awarded until completion of the RealAge Test.)

✓ **Know Your Numbers**

Get a biometric screening either at an SHBP-sponsored screening event, at a Quest Diagnostic Patient Service Center, or have your doctor fill out the 2021 Physician Screening Form. It is the member's responsibility to make sure that the 2021 Physician Screening Form is complete, submitted to and received by Sharecare no later than November 30, 2021.

✓ **Telephonic Coaching**

Earn 60 well-being incentive points for one completed coaching call per month. You can earn 60 well-being incentive points up to four times, for a maximum of 240 well-being incentive points in 2021.

Note: You may complete as many coaching calls as you like in a month; however only a maximum of one call in a calendar month qualifies you for 60 well-being incentive points.

✓ **Online Challenges**

Earn 120 well-being incentive points up to 2 times, for a maximum of 240 well-being incentive points by completing two of the following challenges:

- 5,000 Steps Challenge (Complete and track 21 of 30 days in January, April, July or October)
- Stress Challenge (Complete and track 21 of 30 days in February, May, August or November)
- Green Days Challenge (Complete and track 21 of 30 days in March, June or September)

✓ **RealAge Program**

Upon completion of the RealAge Test you can participate in the RealAge program (a healthy behavior program targeting the 4 highest lifestyle risks - Stress, Sleep, Nutrition & Activity). Earn 120 well-being incentive points up to one time during the program year. Choose the healthy category you would like to work on and set a weekly goal; track your progress at least 4 times per week over 3 consecutive weeks (Sunday-Saturday) to complete the program.

✓ **Redeem points for one option. Select between redeeming your 480 incentive points for 480 well-being incentive credits OR redeeming them for a \$150 Visa Reward Card when you complete all of the activities. Redeem points by navigating to the Rewards section of the App or website found under the "Achieve" section. Whichever option you choose first is final and you cannot change it for another option.**

Well-Being Incentive Points: Well-being incentive points must be redeemed through the Sharecare Redemption Center and do not automatically transfer into member's HIA/MIA/HRA with Anthem or UnitedHealthcare. Well-being incentive points can be redeemed for well-being incentive credits in increments of 120 points.

Well-Being Incentive Credits: Well-being incentive credits will be available in your HRA/MIA/HIA within 30 days from redemption. Any well-being incentive points that have not been redeemed by midnight on 12/15/2021 will be transferred to your HRA/MIA/HIA as well-being incentive credits. OR

Reward Card: You can redeem well-being incentive points for the \$150 Visa Reward Card only if you have earned all 480 incentive points in 2021. If you have already started redeeming your well-being points for well-being incentive credits, you will not be eligible to receive a gift card. The Visa Reward Card can be used anywhere Visa is accepted.

Note: Visa Reward Card will be sent directly to the member or covered spouse redeeming their points within 4-8 weeks from redemption.

Rollover Credits: All unused well-being incentive credits earned in 2020 will automatically roll over in 2021 to your HRA/MIA/HIA dependent on the plan selected during Open Enrollment. SHBP will deposit your unused points as credits in incentive accounts in April 2021.

Note: Well-being incentive points for online challenges are earned by tracking your activity. When eight green day indicators are collected in a 24-hour period, the member earns a green day. Well-being incentive points cannot be awarded until completion of the RealAge Test. **Completion of any other program activity prior to completion of the RealAge Test for 2021 will not have points awarded until completion of the RealAge Test.**

The 2021 incentives do not apply to covered dependent children or members enrolled in the Kaiser Permanente and Medicare Advantage Plan Options. To earn points, complete your activities between January 1, 2021 and November 30, 2021.