
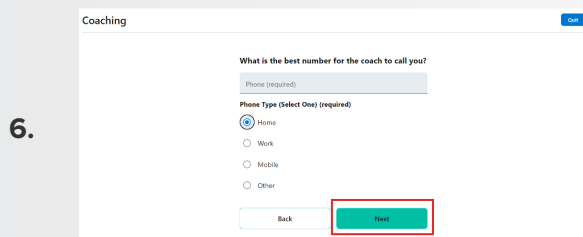
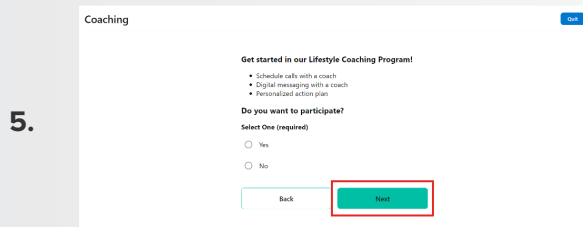
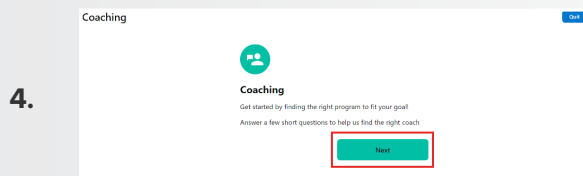
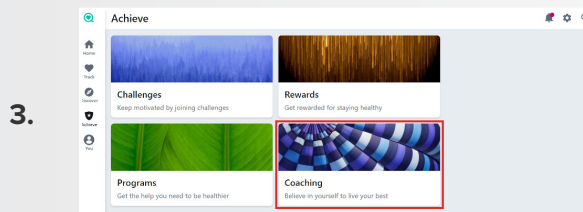
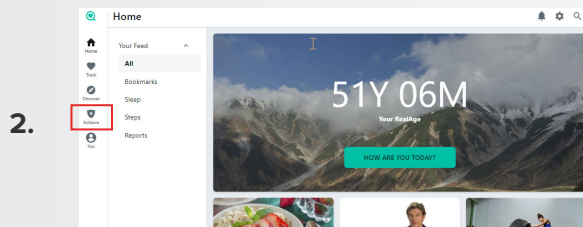


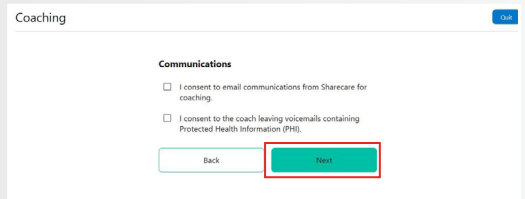
# Enroll into the coaching program online and schedule your first coaching call

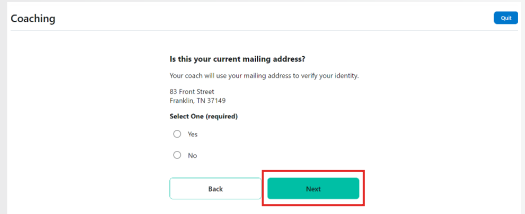
1. Go to **BeWellSHBP.com** and click **Log in here**. Sign in using your username and password. If you have not registered, click Sign up Today and follow the registration instructions.
2. Select the Achieve icon.   
Achieve
3. Select the Coaching tile.
4. Select the Next button and answer the questions to identify what topics you would like to discuss with your well-being coach.
5. Depending on your selection, you will be asked if you would like to enroll in Lifestyle Coaching or Tobacco Cessation Coaching. Please click yes to participate and then select Next.
6. Enter your phone number and the phone number type and select Next.

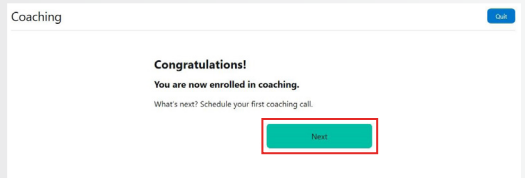


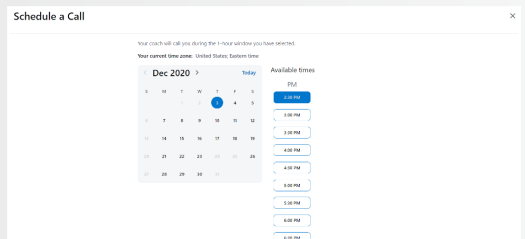
Sharecare administers the *Be Well SHBP* well-being program for the State Health Benefit Plan. Copyright © 2020 Sharecare.

7. Select your option for communications and select Next.
8. Confirm your mailing address and select Next.
9. Confirmation of enrollment will appear on the screen. Select Next to Schedule an appointment.
10. Select a date and time you would like a well-being coach to call. Click Next.
11. Confirm the date and time are correct.

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