



 sharecare

 BeWell  
SHBP

**IS YOUR REALAGE®  
OLDER THAN  
YOUR ACTUAL  
AGE? YOUNGER?  
YOU'RE ABOUT TO  
FIND OUT!**

## MEET THE HEALTHIER YOU

State Health Benefit Plan (SHBP) eligible members\* and covered spouses have access to the *Be Well SHBP* well-being program, administered by Sharecare. Earn up to 480 well-being incentive points while engaging in healthy activities!

### TO GET STARTED:

- 1. Visit [BeWellSHBP.com/RealAge](https://www.BeWellSHBP.com/RealAge) to sign in or sign up!**

*Already have an existing [BeWellSHBP.com](https://www.BeWellSHBP.com) account?* Sign in with your existing username and password.

*New to [BeWellSHBP.com](https://www.BeWellSHBP.com)?* Follow the prompts to set up a new account.

- 2. Complete the RealAge Test to earn 120 well-being incentive points.**

- The RealAge Test is a scientifically based assessment that shows you the true age of the body you're living in.
- Completion of the RealAge Test is the gateway to earning well-being incentive points.
- Incentive points for other activities cannot be awarded until completion of the RealAge Test.

- 3. Earn additional well-being incentive points by participating in other activities.**

Complete a biometric screening, enroll in the coaching program, participate in an online challenge or the RealAge program.

- 4. Check activity and redeem your points.**

Visit the Redemption Center at <https://you.sharecare.com/rewards-program> to see all the ways to earn points this year, and then click on the "Rewards" tab when you are ready to redeem your points for your choice of reward.

**Questions? Call 888-616-6411 to learn more, or visit [www.BeWellSHBP.com/RealAge](https://www.BeWellSHBP.com/RealAge).**

\*The *Be Well SHBP* well-being program is available to members and covered spouses enrolled in Anthem Blue Cross and Blue Shield and UnitedHealthcare (non-Medicare Advantage Plan Options).