

# 12-Step Stress Management Plan

**Keep worries at bay!** Most of us have stress; the issue is how we respond to it. If you let stress hang over you, or you constantly feel like your life is spinning out of control, it can wreak havoc on your body. **Here's a plan to avoid letting your worries overwhelm you.**



# Manage Your Stress Through the *Be Well SHBP* Well-Being Program!

## Did You Know?

Through the *Be Well SHBP* well-being program, you have resources available that can help you manage your stress. Many of these activities will also reward you with well-being incentive points!



### Schedule a coaching call.

Our well-being coaches can help you learn how to manage stress. Earn 60 well-being incentive points for each completed coaching call per month.



### Join the RealAge Program to track and help manage your stress.

Stress is one of the health factors you can track as part of the RealAge Program. Choose your goal and then track 4 times per week over 3 consecutive weeks to earn 120 well-being incentive points.



### Visit the “Inspirations” Video Channel available to you after logging in to your *Be Well SHBP* account (through the Sharecare app or the [BeWellSHBP.com](https://www.BeWellSHBP.com) website).

You'll find dozens of transformational videos for mind, body and spirit by navigating to “Inspirations” through the Discover section of the app or website.



### Don't Forget to Redeem Your Well-Being Incentive Points!

You and your covered spouse are each eligible to earn up to 480 well-being incentive points. Visit the Rewards section within the Sharecare app (or log in at [BeWellSHBP.com](https://www.BeWellSHBP.com)) to verify your points earned, and redeem for your choice of reward:

- A \$150 Visa Reward Card (to use anywhere Visa is accepted), OR
- 480 well-being incentive credits (to apply toward eligible medical and pharmacy expenses). Well-being incentive credits can be redeemed in increments of 120 points.