



2022 Wellness Overview

Become a healthier you in 2022 with the **Be Well SHBP®** well-being program

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

- **A \$150 Sharecare Rewards Visa® Prepaid 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 points

- ✓ If you haven't already, register for an account at BeWellSHBP.com
- ✓ Take the **RealAge® Test** for the 2022 program year and earn 120 points. *This step is required to unlock your account and earn points.*
- ✓ Complete a biometric screening for 120 points.



Earn up to an additional 240 points by choosing from the following activities

- ✓ **Complete calls with a well-being coach. Earn 40 points** up to 6 times, for a maximum of 240 points. You can only earn 40 points per calendar month, but you can do as many calls as you would like.
- ✓ **Participate in a monthly rotating online challenge. Earn 120 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 points** one time during the program year. Choose the healthy category you would like to work on, set a weekly goal and track progress at least 4 times per week over 3 weeks (Sunday-Saturday).

Finally, select your reward

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

**Members must have all 480 points earned in 2022 to redeem the \$150 Visa Prepaid Card. The points you earn in 2022 can be redeemed for well-being incentive credits in increments of 120. Note: Once you redeem any of the 2022 points for well-being incentive credits you will no longer be able to select the Visa Prepaid 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 points in 2022.

✓ **If you haven't already, register for an account at 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.

(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 2022 Physician Screening Form. It is the member's responsibility to make sure that the 2022 Physician Screening Form is complete, submitted to and received by Sharecare no later than November 30, 2022.

✓ **Telephonic Coaching**

Earn 40 points for one completed coaching call per month. You can earn 40 points up to six times, for a maximum of 240 points in 2022.

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 40 points.

✓ **Online Challenges**

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

- 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 Day 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 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 weeks (Sunday-Saturday) to complete the program.

✓ **Redeem points for one option. Select between redeeming your 480 points for 480 well-being incentive credits OR for a \$150 Visa Prepaid 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.**

Points: Points must be redeemed through the Sharecare Redemption Center and do not automatically transfer into member's HIA/MIA/HRA with Anthem or UnitedHealthcare. 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 points that have not been redeemed by midnight on 12/15/2022 will be transferred to your HRA/MIA/HIA as well-being incentive credits.

Visa Prepaid Card: You can redeem points for the \$150 Visa Prepaid Card only if you have earned all 480 points in 2022. If you have already started redeeming your points for well-being incentive credits, you will not be eligible to receive a prepaid card. The Visa Prepaid Card can be used anywhere Visa is accepted.

Note: Visa Prepaid 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 2021 will automatically roll over in 2022 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 2022.

Note: 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. Points cannot be awarded until completion of the RealAge Test. **Completion of any other program activity prior to completion of the RealAge Test for 2022 will not have points awarded until completion of the RealAge Test.**

The 2022 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, 2022 and November 30, 2022.

Points are not automatically redeemed and transferred for Medicare Advantage members. Please redeem your points before transferring into Medicare Advantage.

Have questions?
Call Sharecare at 888-616-6411
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