

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 points while engaging in healthy activities!

TO GET STARTED:

1. **Visit BeWellSHBP.com/RealAge** to sign in or sign up!

Already have an existing BeWellSHBP.com account? Sign in with your existing username and password.



New to BeWellSHBP.com? Follow the prompts to set up a new account.

2. **Complete the RealAge Test to earn 120 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 points.
- Incentive points for other activities cannot be awarded until completion of the RealAge Test.

3. **Earn additional points by participating in other activities.**

Complete a biometric screening, enroll in the well-being coaching program, participate in an online challenge or complete a preventive screening exam.

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

Visit the Redemption Center at 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.

*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.

sharecare

(BeWell[®])
SHBP

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