



# 2025 Wellness Overview

## Become a healthier you in 2025 with the **Be Well SHBP®** well-being program

SHBP members and their covered spouses enrolled in Anthem Blue Cross and Blue Shield (Anthem) and UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options 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](https://BeWellSHBP.com)
- ✓ Take the RealAge® Test for the 2025 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 coaching sessions 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 sessions as you would like.
- ✓ **Participate in a monthly rotating online challenge. Earn 40 points** up to 6 times, for a maximum of 240 points. *You can do as many challenges as you would like, but can only earn a maximum of 240 points by completing 6 challenges.*
- ✓ **Complete a Preventive Screening Exam. Earn 60 points** for completing a colonoscopy, mammogram, pap smear, or prostate screening exam. You can earn up to 120 points for completing 2 exams.

### 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 2025 to redeem the \$150 Visa Prepaid Card. The points you earn in 2023 can be redeemed for well-being incentive credits in increments of 120. Note: Once you redeem any of the 2023 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](https://BeWellSHBP.com)

## Visit [BeWellSHBP.com](https://www.BeWellSHBP.com) for detailed program information and links to program activities. Earn 480 points in 2025.

✓ **If you haven't already, register for an account at [BeWellSHBP.com](https://www.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 2025 Physician Screening Form. It is the member's responsibility to make sure that the 2025 Physician Screening Form is complete, submitted to and received by Sharecare no later than December 1, 2025.

### ✓ **Well-being Coaching**

Earn 40 points for one completed coaching session per month. You can earn 40 points up to six times, for a maximum of 240 points in 2025.

**Note:** You may complete as many coaching sessions as you like in a month; however only a maximum of one session in a calendar month qualifies you for 40 points.

### ✓ **Online Challenges**

Earn 40 points for completing a challenge. You can earn 40 points up to a maximum of 240 points:

- Steps Challenge (Complete and track 21 days in January, April, or September)
- Stress Challenge (Complete and track 21 days in May)
- Sleep Challenge (Complete and track 21 days in February or June)
- Nutrition Day Challenge (Complete and track 21 days in March, or October)
- Hydration Challenge (Complete and track 21 days in July)
- Green Day Challenge (Complete and track 21 days in August)
- Kindness Challenge (Complete and track 21 days in November)

### ✓ **Preventive Screening Exam**

Complete a preventive screening exam (colonoscopy, mammogram, pap smear or prostate screening) by August 31, 2025 and earn 60 points for each exam, up to 120 points. Members can self-attest to exams completed in September, October, November, and December 1, 2025.

✓ **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 12/15/2025 will be transferred to your HRA/MIA/HIA as well-being incentive credits OR

**Visa Prepaid Card:** You can redeem points for the \$150 Visa Prepaid Card only if you have earned all 480 points in 2025. 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 2024 will automatically roll over in 2025 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 2025.

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**Note:** Points for online challenges are earned by tracking your activity. Points cannot be awarded until completion of the RealAge Test. **Completion of any other program activity prior to completion of the RealAge Test for 2025 will not have points awarded until completion of the RealAge Test.**

The 2025 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, 2025 and December 1, 2025.

Points are not automatically redeemed and transferred for Medicare Advantage members. Please redeem your points in the Sharecare Redemption Center before transferring into an SHBP Medicare Advantage Plan Option.

Have questions?  
Call Sharecare at 888-616-6411  
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[BeWellSHBP.com](https://www.BeWellSHBP.com)

