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*Be Well SHBP®*  
Wellness Ambassador  
Connect

December 2025

# Agenda:

## Welcome

- New Ambassadors
- NEW HPS – Samantha Cheeks

## Ambassador Review

- Ambassador Wellness Engagement
- Email Reminders & Badge Opportunity

## Gearing up for 2026

- What's new with the 2026 BeWell Program?

## 12 Healthy Holiday Tips

- Nutrition & Hydration
- Physical Activity
- Sleep & Stress Management
- Planning & Goal Setting

## Zen Zone

### Q&A



# New Be Well SHBP® Health Promotion Specialist

*Samantha Cheeks*



- Senior Health Promotion Specialist with Sharecare.
- BA in Health & Exercise Science and a MS in Health Promotion.
- 16 years of experience in health & wellbeing – fitness, campus recreation & wellness, corporate wellness.
- Certified Personal Trainer, Health Coach, Group fitness instructor, SHRM-CP.
- Passionate about advancing community health and creating spaces where people feel connected and engaged.
- I enjoy being active, exploring new places, and getting outside with my kids!



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# Ambassador Review

# Ambassador Wellness Engagement

## Be Well SHBP® Wellness Ambassadors

### What is a Wellness Ambassador?

- Onsite champion who inspires others to build a path to better well-being

### What can you do for your colleagues?

- Be an advocate for participating in *Be Well SHBP®*
  - Send emails to distro lists or post printed promotional materials
    - Recommend completion of the RealAge® Test
    - Encourage colleagues to complete preventive exams
    - Promote Sharecare offered webinars & monthly challenges
    - Share information about well-being coaching
    - Host an onsite Biometric screening (if applicable), or encourage colleagues to complete a biometric screening
- Coordinate wellness activities at your site in collaboration with the Sharecare team
  - Share your activities [here!](#)

SHBP sharecare BeWell SHBP

### Ambassador Event Log

Have you hosted a wellness event recently? If so, we would love to hear about it!

Sharing your innovative efforts allows Sharecare to not only highlight your achievements but also better support your ongoing efforts. Thank you!

**Ambassador Name \***  
Ambassador's First and Last name

**Worksite \***

**Event Date \***  
\*If the event was held over several days or is a series, select the first day.

**Event Location**

**County \***

**Attendee Count \***

**Event Description \***  
Describe the event details including type of event, target population, how the event was promoted and feedback from event participants.

# Ambassador Wellness Engagement

## Be Well SHBP® Email Distribution

Bi-monthly emails for colleagues

Developed by Sharecare Health Promotion team

- Purpose: Encourage participation in *Be Well SHBP®* + resources to engage in healthy behavior
- Part 1: Resources for YOU & your worksite
- Part 2: Curated emails to send to your distro lists/colleagues

Happy June Ambassadors,

Welcome to the season of endless adventure, exploration, and new experiences.

The [Brain Boost Sleep Challenge](#) begins TODAY! Participants can earn 40 points by tracking 7-9 of sleep each night for at least 21 days between June 1<sup>st</sup> and June 30<sup>th</sup>. Activate your worksite:

1. Encourage your colleagues to join the challenge at your next meeting with a reminder that they can [earn 40 points](#) towards their wellness incentive program!
2. Distribute the attached [sleep guide](#) to help your colleagues develop better sleep habits and successfully complete the challenge goal.

*Upcoming Events:*

➤ *Be Well SHBP® Wellness Ambassador Monthly Meeting: Hosting Healthy Events, 6/25 ([Register Here](#)) & 6/26 ([Register Here](#))*.  
**Attendees will have the opportunity to answer trivia questions and receive a prize!**

Thank you for your continued support of the Be Well SHBP well-being program. Feel free to reach out with any questions or concerns!

In good health,  
Jen and Val

***[Ambassadors: Please forward to your worksite colleagues]***

**SUBJECT:** Sleep Your Way to a Sharper Mind - Earn 40 Points in the Brain Boost Sleep Challenge

**BODY:**

Be Well SHBP members,

**Better Sleep, Better Brain:** [Quality sleep](#) isn't just for rest—it boosts brain health, memory, and creativity. This June, improve your cognitive wellness by focusing on healthy sleep habits.

Join the [Brain Boost Sleep Challenge](#) and track 7-9 hours of sleep for 21 days to earn 40 points:

1. [Log in](#) to your Sharecare account or register at [BeWellSHBP.com](#).
2. Click "Challenges" under the Achieve icon. Find the [Brain Boost Sleep Challenge](#).
3. Click "Join Challenge."

# Ambassador Wellness Engagement

## Ambassador Badge

### Ambassador Badge for Email Signature

- Choose your favorite option
- Add to your internal signature line to further promote *Be Well SHBP®*
- *Showcase your well-being leadership!*



[Earn well-being rewards!](#)



[What's your RealAge®?](#)



Stay Well with [Be Well!](#)



Ask me about [Be Well!](#)



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# Gearing up for 2026!

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## What's new with the 2026 BeWell Program?

### 2025 Plan Design

Complete healthy activities throughout the year to earn up to 480 points!

- RealAge® Test — 120 points
- Biometric Screening — 120 points
- Preventive Screenings — 60 pts each. Earn up to 120 points
- Coaching — 40 pts each. Earn up to 240 points
- Challenges - 40 pts each. Earn up to 240 points

### 2026 Plan Design

Complete healthy activities throughout the year to earn up to 480 points!

- RealAge® Test — 120 points
- Biometric Screening — 120 points
- Preventive Screenings — 40 pts each. Earn up to 80 points
- Coaching & Challenges - 30 pts each. Complete up to 4 coaching calls and/or monthly challenges **(Jan-May)** and another 4 **(June-Nov)** - up to 240 points



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# 12 Healthy Holiday Tips

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## Nutrition & Hydration



### Health Tips & Tricks!

- Stay hydrated
- Practice portion control – track your diet/nutrition in the SC app
- Limit sugary drinks
- Choose healthier holiday recipes – SC has recipes for you!
- A healthy breakfast – track your meals in the SC app

### Why it Matters?

- Maintains body functions, digestion, and metabolism; helps prevent chronic disease
- Cutting sugary drinks supports weight management, reduces diabetes, heart disease risk

### Actionable Tips

- Review the BeWell 2026 Q1 Challenges which focus on balanced nutrition, reducing sugary beverage consumption, and healthy breakfast.
- Prep holiday & healthy breakfast recipes using the Eat Right Now platform

# 12 Healthy Holiday Tips

## Physical Activity



### Health Tips & Tricks!

- Stay Active (even in small ways if possible)
- Take a “step” in the right direction by tracking your steps in the Sharecare app

### Why it Matters?

- Protects against heart disease, diabetes, depression, and many other health risks
- Strengthens mental health and wellness
- Physical activity can significantly lower mortality risk

### Actionable Tips

- Get ready for the April 2026 Steps Challenge which focuses on the great outdoors and national parks around the state of Georgia
- Build toward consistent exercise routines that exceed 30 minutes/day

# 12 Healthy Holiday Tips

## Sleep & Stress Management



### Health Tips & Tricks!

- Prioritize sleep and track your hours in the Sharecare app
- Manage stress with mindfulness
- Make time for self-care

### Why it Matters?

- 7-9 hours of sleep a night improves memory, mood, immunity, and lifespan
- Mindfulness reduces burnout, anxiety, insomnia, and reduces blood pressure

### Actionable Tips

- Engage in the Unwinding Anxiety or Unwinding platform to assist in decreasing stress risk, decreasing anxiety, and improving long-term health and wellness
- Participate in our 2026 sleep challenge. This challenge encourages participants to prioritize quality sleep, creating space for recovery, balance, and mental clarity.

# 12 Healthy Holiday Tips

## Planning & Goal Setting



### Health Tips & Tricks!

- Plan for meals by participating in weekly meal prep opportunities
- Set realistic health goals by working with a Sharecare health coach through the coaching section of the Sharecare app

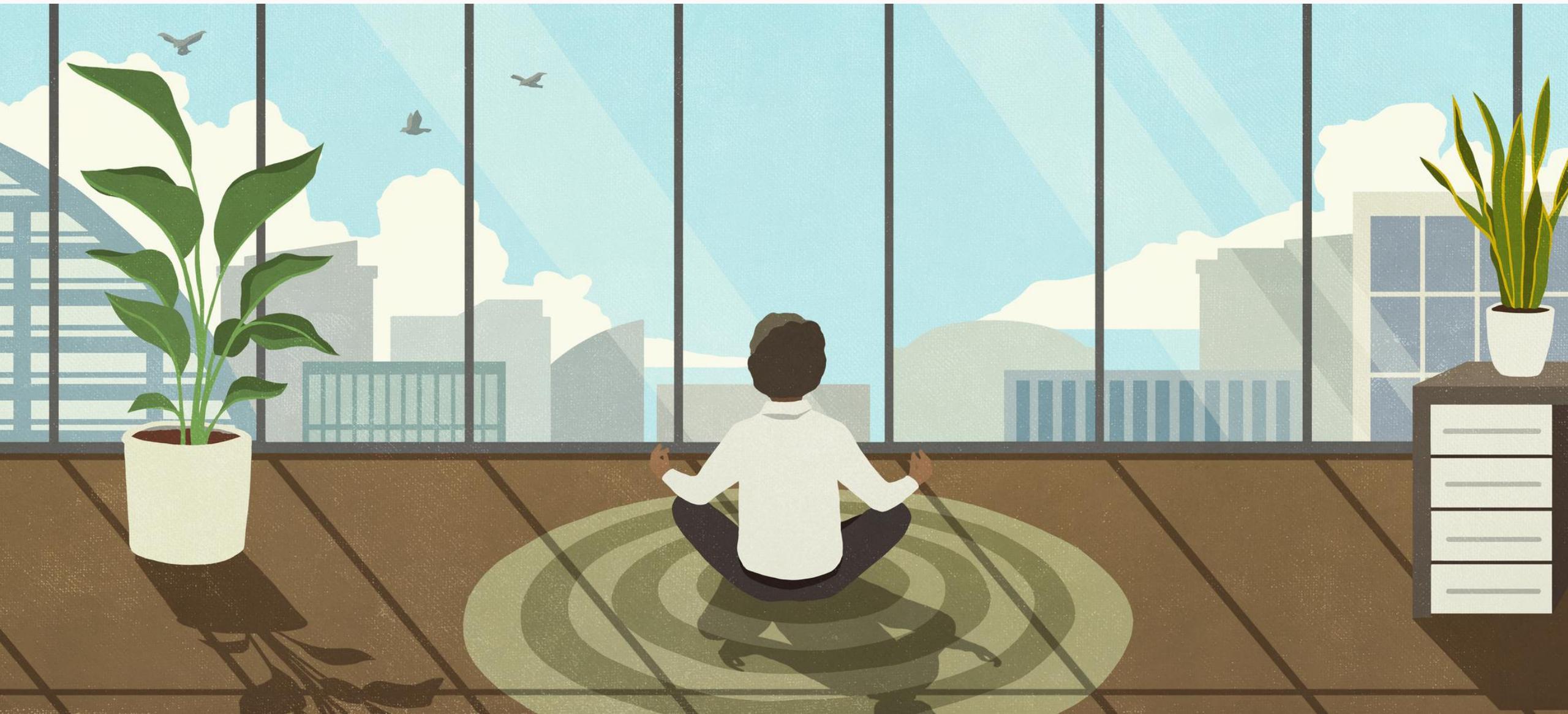
### Why it Matters?

- Meal planning improves nutrition, portion control, and reduces stress
- Coaching can enhance motivation, accountability, and assist in creating realistic long-term opportunities to improve health

### Actionable Tips

- Create SMART wellness goals with your wellness coach
- Prep weekly meals using the Eat Right Now Program
- Sharing healthy holiday recipes with colleagues, family members, and friends

# Zen Zone Activity



Future Ambassador Calls

What topics  
would you like to  
discuss in  
upcoming  
meetings?



Questions?  
Comments?





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# Thank you.