



All Together Better.

Be Well SHBP®
Wellness Ambassador
Connect

February 2026





All Together Better.

Agenda:

Welcome

- New Ambassadors

Energizer

Ambassador Resources

- What's available?
- What's needed?

NEW 2026 Programs, Challenges, & More!

- Rewards Program Update
- Challenges
- Biometric Screenings
- Upcoming Events
- Wellness Ambassador Engagement Survey!

Discussion / Q&A

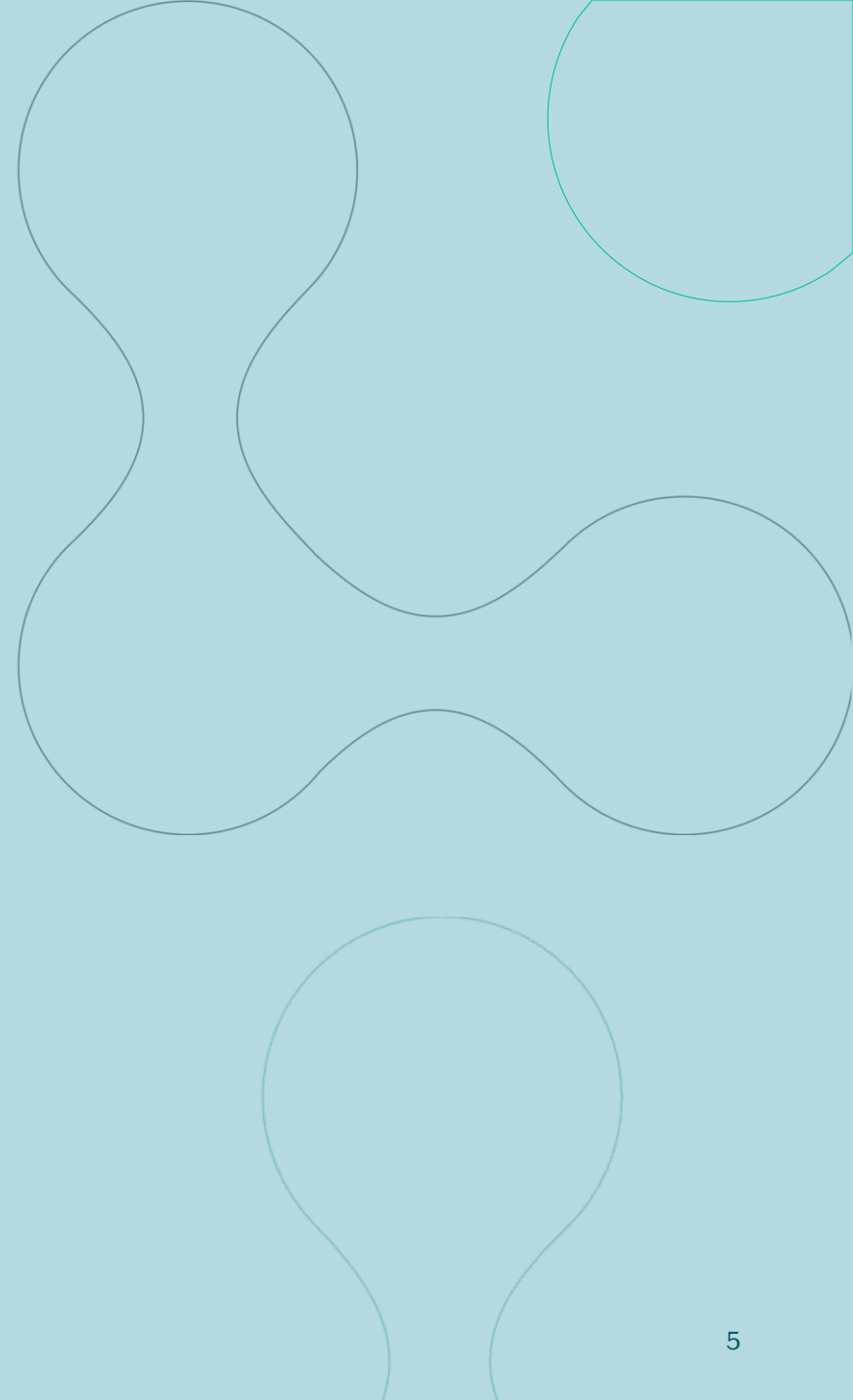
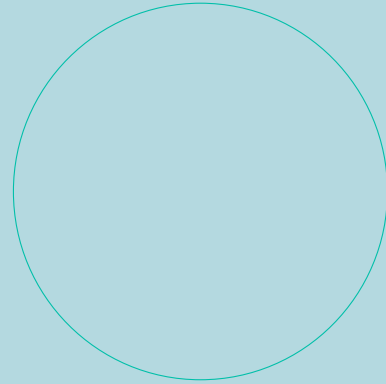
Mindful Moment



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Team Energizer!





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Ambassador Resources

Wellness Ambassador Resources

Be Well SHBP® Wellness Ambassadors

Site Tour:

- BewellSHBP.com
 - Recorded webinars
 - Biometric resources: registering and scheduling
 - Challenge information
- Ambassador resources
 - Program flyers
 - Past meeting decks
 - Badge instructions
 - New application
- Platform
 - Challenges
 - Sweepstakes

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 1st and June 30th. 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.”

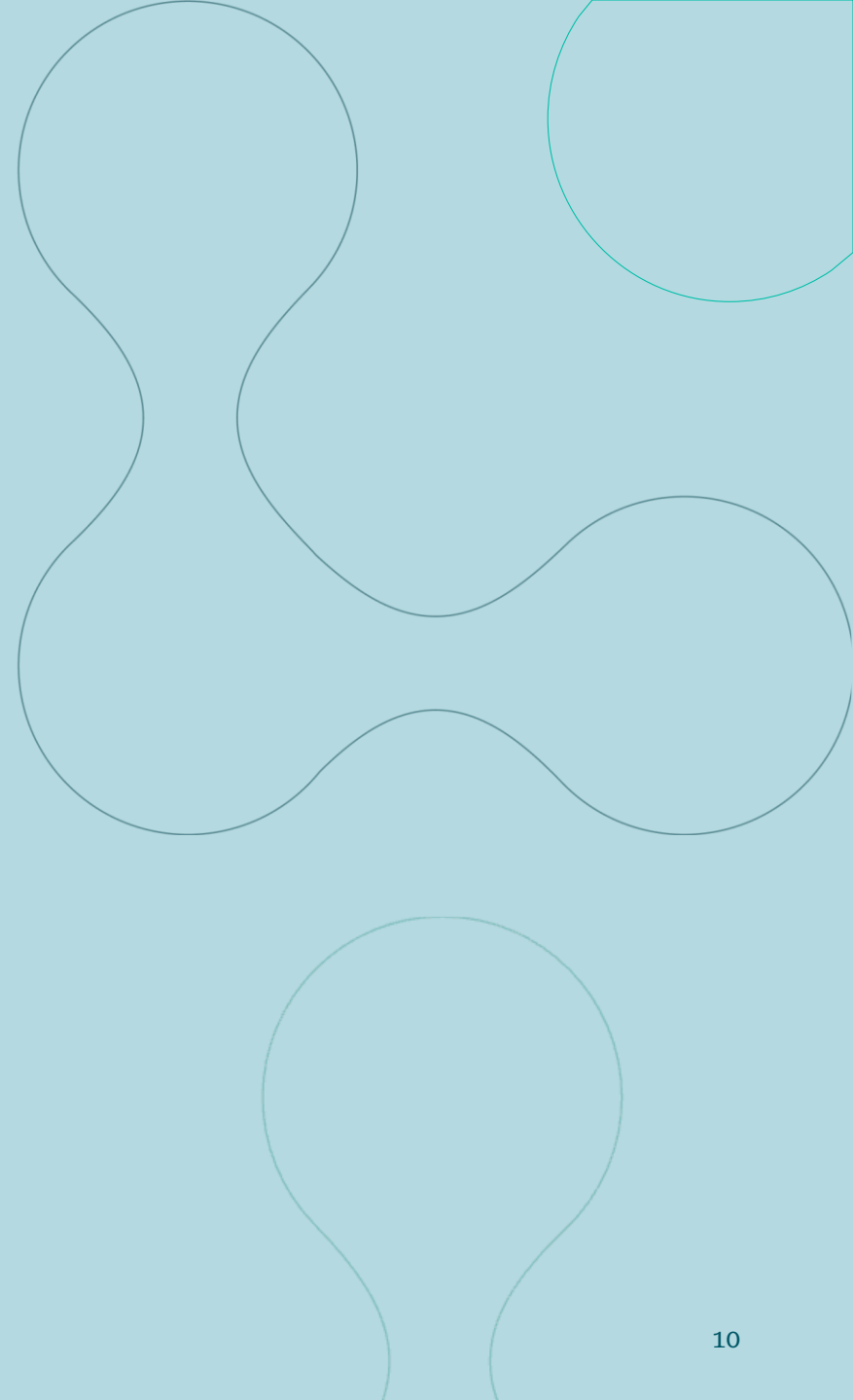
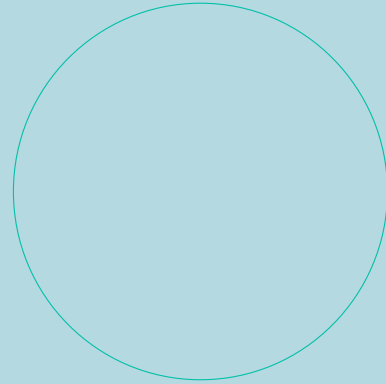
Ambassador Meetings

Meet and collaborate with the team!

Quarterly connection meetings

- Q1 – February
- Q2 – April
- Q3 – July
- Q4 – October
- December connection?





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2026 Programs, Challenges, & More!

2026 Be Well Rewards Program

What's new with the 2026 Be Well Program?

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



UNLOCK INITIAL 120 POINTS

Register and Take the RealAge[®] Test



Members and their covered spouses enrolled in Anthem and UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options **can EACH earn up to 480 points** for the program year. **That's a total of up to 960 points for a member and their covered spouse.**

To unlock and earn your initial 120 points:

- 1) If you haven't already, register for an account at BeWellSHBP.com (or log in to your account online or via the Sharecare app)
- 2) Take the RealAge Test
 - The RealAge Test is the gateway to earning points. **Points cannot be awarded until completion of the RealAge Test.** Biometrics, Well-being Coaching, Online Challenges and Preventive Screenings completed before the RealAge Test can only be applied for points upon RealAge Test completion.

Note: You MUST sign up through BeWellSHBP.com or your registration will not be eligible through the State Health Benefit Plan's Program.



EARN 40 POINTS FOR EACH COMPLETED EXAM, UP TO A TOTAL OF 80 POINTS

Preventive Screening Exams



- ✓ Complete a preventive screening exam:
 - ✓ Colonoscopy
 - ✓ Mammogram
 - ✓ Pap Smear
 - ✓ Prostate Screening
- ✓ Earn **40 points** for each completed screening exam, **up to two times**.

- ✓ Screenings should be completed by August 31, 2026.
 - For screenings completed in September, October or November, members can self-attest by November 30th.

All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

Well-being Coaching and Online Challenges



Select from the following activities to earn a maximum of 240 points:

- **Complete coaching sessions with a well-being coach**
 - Your coaching journey pays off! Each coaching session = 30 points. Complete 4 sessions during the first half of the year (Jan–May) and another 4 in the second half (Jun–Nov) to earn up to 240 points.
- **Participate in a monthly rotating online challenge or mini-program**
 - Earn rewards as you build healthy habits! Participate in up to 4 challenges between January–May and another 4 between June–November. With each challenge worth 30 points, you can earn up to 240 points for the year.

All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

EARN 30 POINTS FOR EACH COMPLETED COACHING CALL, UP TO A TOTAL OF 240 POINTS

Value of Well-Being Coaching



With help from a well-being coach, you can:

- ✓ Better understand and reduce your health risks
- ✓ Get answers to your health questions
- ✓ Find support to gain more control over your health
- ✓ Learn how to manage stress
- ✓ Get to or maintain a healthy weight
- ✓ Find ways to get more physical activity
- ✓ Set healthy goals
- ✓ Quit tobacco for good



Get Started Today!

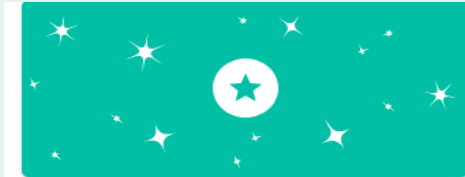
Call 888-616-6411 OR

[Enroll Online](#)

Q1 Challenges

Monthly wellness engagement and rewards opportunities!

January



30 Points

Food for Thought Challenge

Upcoming ⓘ

January is the perfect time to reset your habits and reconnect with what fuels you. For 21 days, focus on tracking your meals and making thoughtful, balanced food choices that support your energy, mood, and overall well-being.

This is about more than just what's on your plate—it's about building awareness, exploring variety, and creating sustainable habits that last beyond the month.

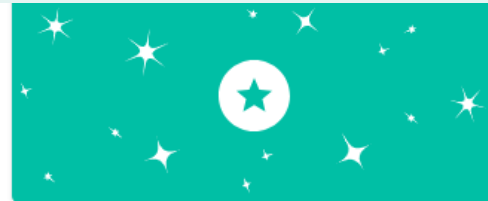
Track in the green (My diet was well-balanced and included mostly healthy, nutritious foods) for 21 days to earn 30 points.

Members may complete as many coaching calls and monthly challenges as they like. However, there is a maximum of 120 points that can be rewarded for completing these activities between January 1 – May 31, 2026.

Upcoming

Jan 1, 2026

February



30 Points

Quit Sugary Drinks Challenge

Upcoming ⓘ

Cutting back on sugary drinks can have a significant positive impact on your health. Some key benefits include healthier skin, better hydration, better sleep quality, reduced inflammation, and improved weight management.

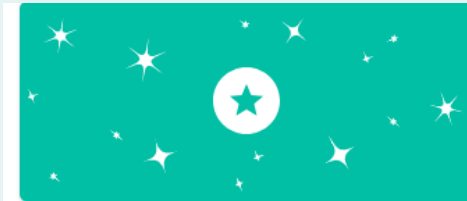
Answer "Yes" to the challenge question for 21 days to earn 30 points.

Members may complete as many coaching calls and monthly challenges as they like. However, there is a maximum of 120 points that can be rewarded for completing these activities between January 1 – May 31, 2026.

Upcoming

Feb 1, 2026

March



30 Points

Healthy Breakfast Challenge

Upcoming ⓘ

Start your day strong by committing to a healthy, well-balanced breakfast every morning for 21 days. Focus on meals that include a variety of whole, nutrient-rich foods that fuel your body and mind. By tracking your choices daily, you build consistency, stay mindful, and create lasting habits—one breakfast at a time.

Track in the green (My diet was well-balanced and included mostly healthy, nutritious foods) for 21 days to earn 30 points.

Members may complete as many coaching calls and monthly challenges as they like. However, there is a maximum of 120 points that can be rewarded for completing these activities between January 1 – May 31, 2026.

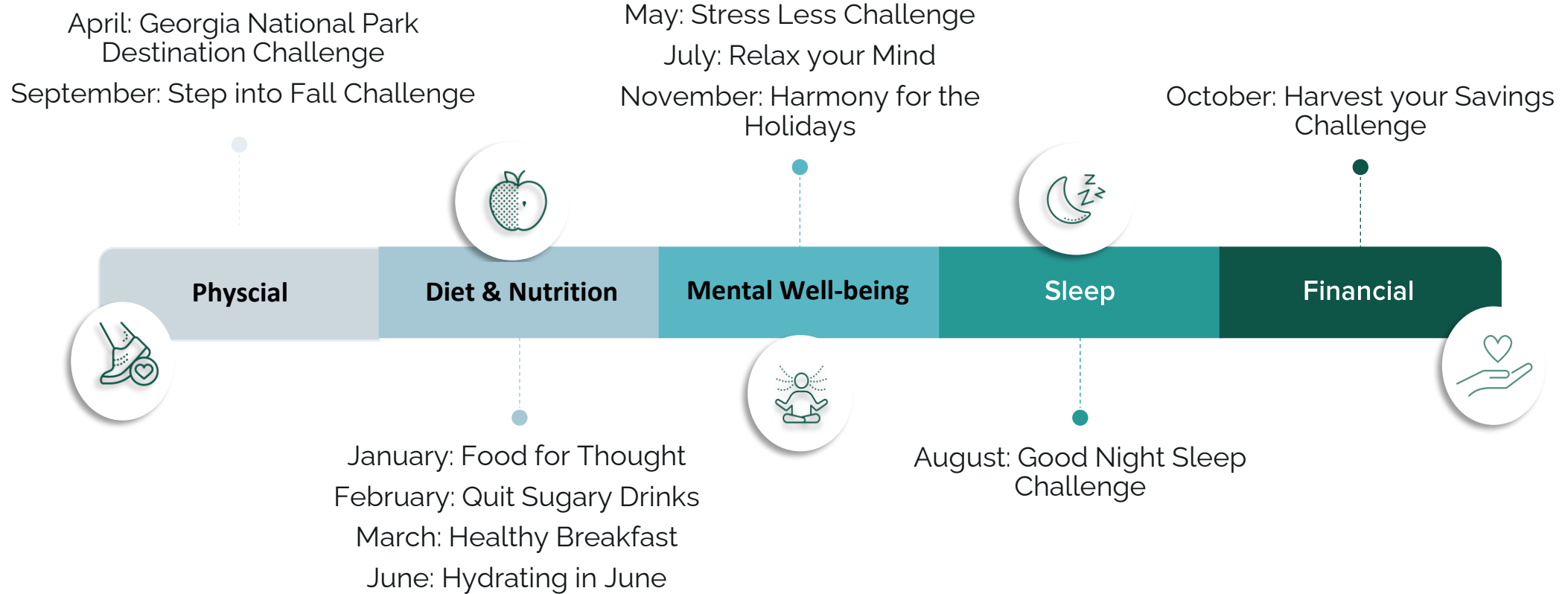
Upcoming

Mar 1, 2026

EARN 30 POINTS FOR EACH COMPLETED CHALLENGE, UP TO A TOTAL OF 240 POINTS

Monthly Rotating Online Challenges

Join an online challenge to motivate you towards healthy behaviors.



All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

Joining Challenges: How to Sign Up



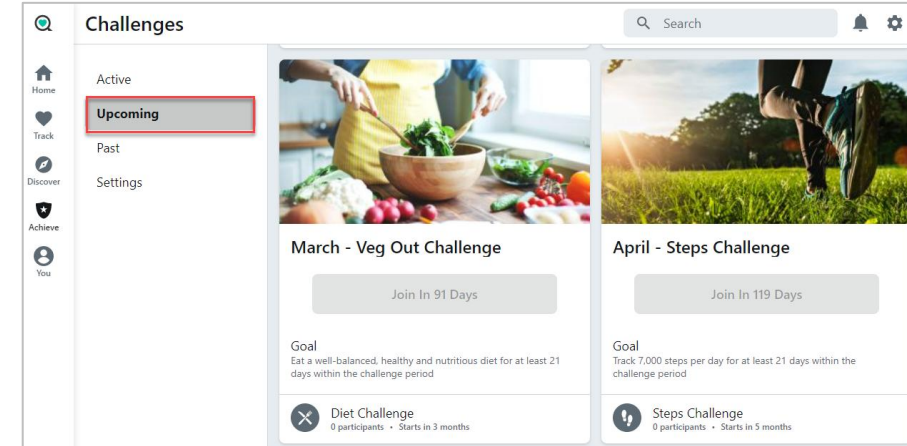
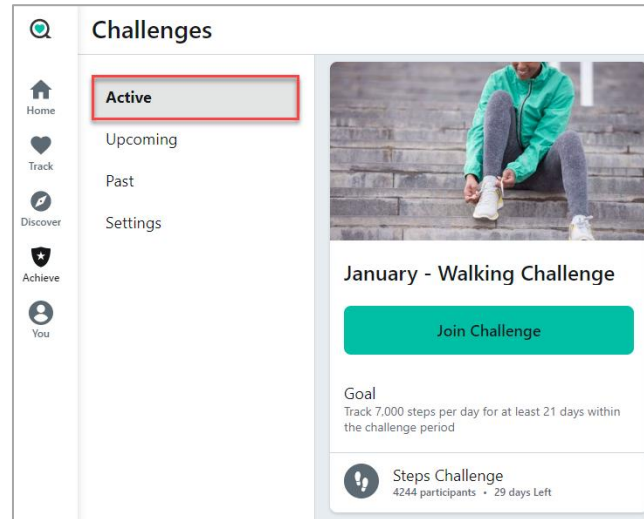
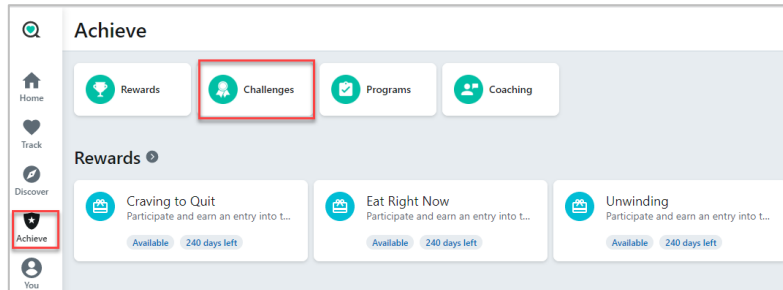
Earn 30 points for each completed challenge up to eight times, for a maximum of 240 points.

Log into your Sharecare *Be Well SHBP* account online or through the Sharecare app.

1. Navigate to the “Achieve” tab (shield with star) and click on “Challenges”.

Click “Active” to see challenges you can join.

Click “Upcoming” to see challenges available later in the year.

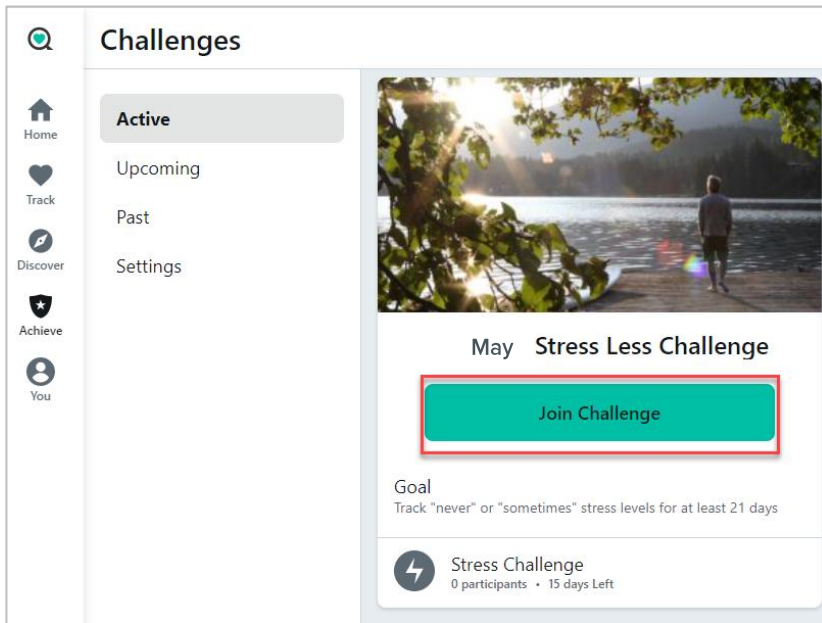


All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

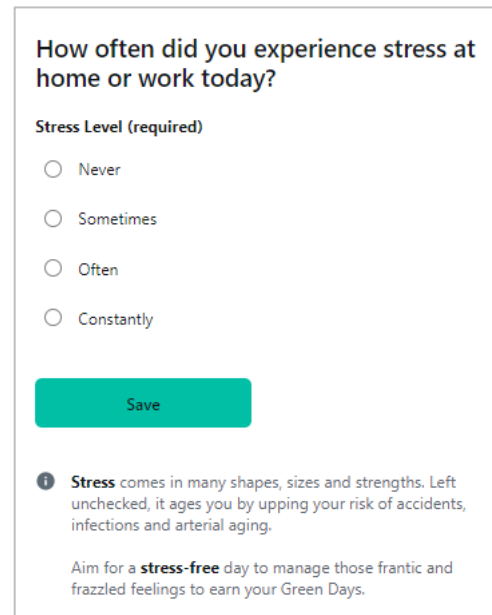
Joining Challenges & Tracking Progress



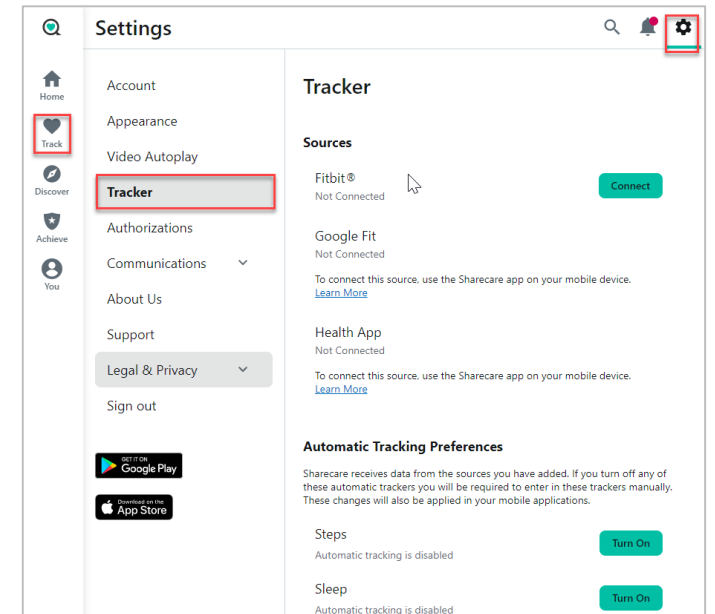
Click through the Active challenges to see challenge descriptions and join challenge / start tracking.



After joining, remember to track at least 21 days during the month to reach the challenge goal.



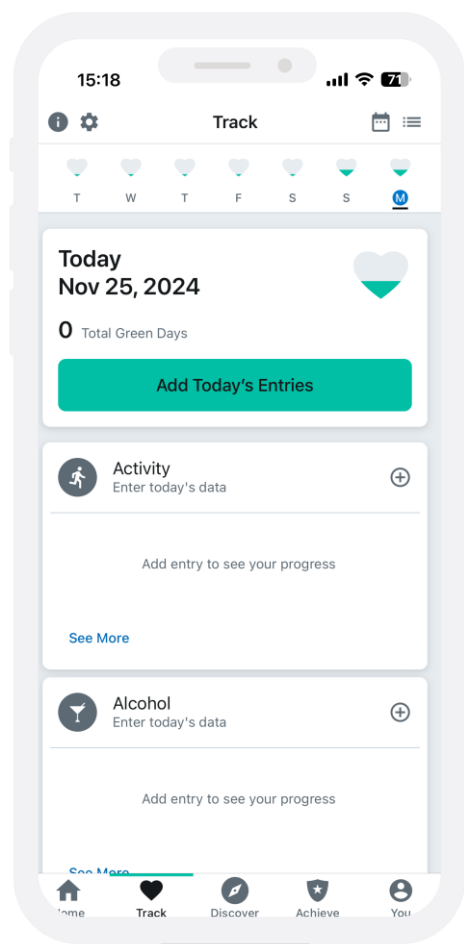
In Track/Settings (gear icon), choose "Tracker" to set up automatic tracking. **App must still be opened to allow the sync to occur.**



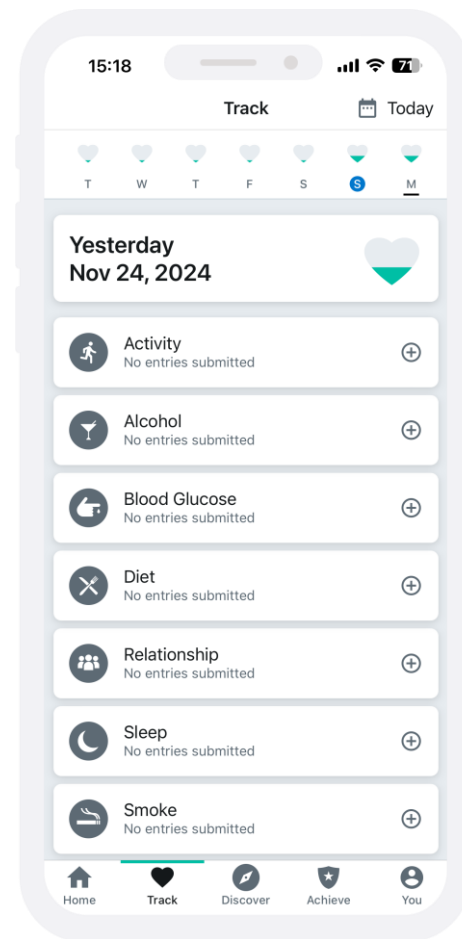
All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

Tracking Progress: Recording Missed Days

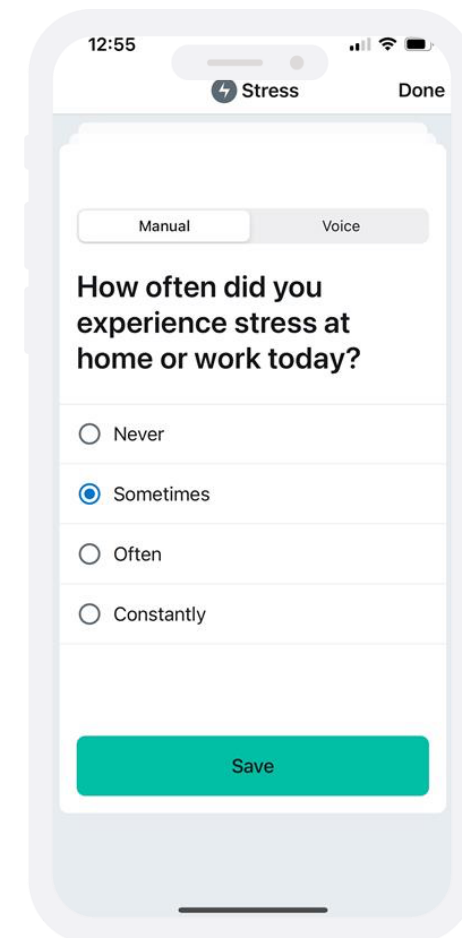
If you miss tracking or syncing your data, you can view historical data within the Tracker section and update any missed inputs.



Within the "Track" section of the navigation, click on a previous date within the past 7 days from the top of the screen.



Click on the tracker you would like to update with your missed entry.



Record your entry and click save.

All activities must be completed, and all documentation received between January 1, 2026, through November 30, 2026, to earn points in 2026.

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Biometric Screenings

Scheduling to host an on-site screening

To schedule to host an on-site screening:

- Visit - [BeWellSHBP.com](https://www.BeWellSHBP.com)
- Rewards & More
- Biometrics
- Onsite
- You can request dates as early as March 1st and as late as October 31st.



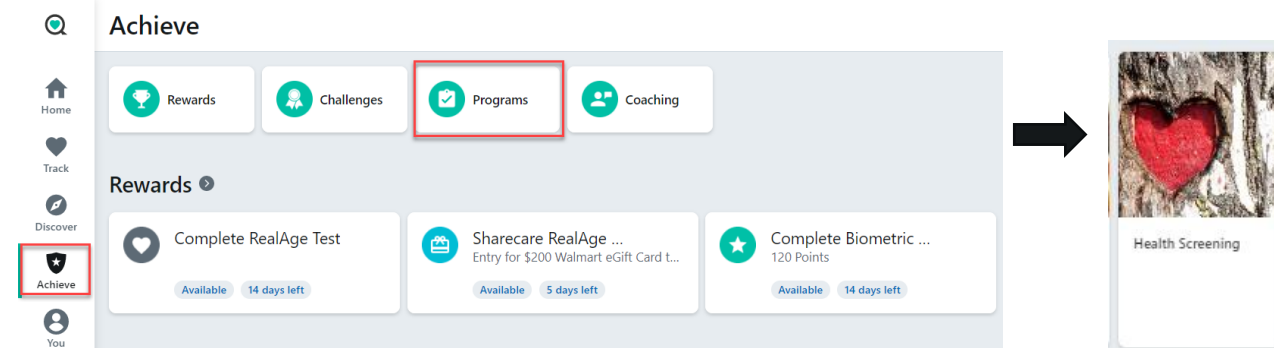
Host an on-site screening form

Biometric Screening Options: How To Sign Up



For onsite screenings OR Quest PSC screenings:

- ✓ Log in to your Sharecare account
- ✓ Navigate to Achieve – Programs
- ✓ Click on Health Screening tile
- ✓ Follow instructions for scheduling appointment



For Physician Screening Form:

- ✓ Visit BeWellSHBP.com/biometric-screenings/
- ✓ Click on “Get screened by your doctor”
- ✓ Download your 2026 Physician Screening Form by clicking on the link and following form instructions



Get screened by your personal physician.

The 2026 Physician Screening Form is a form that your physician can complete with biometric results from your next well-being visit or annual physical exam. Download a 2026 Physician Screening Form by clicking below and print a copy to take with you to your doctor's appointment. Make sure to follow the directions and mail your completed form to the return address, fax to the number as listed on the form, or upload your form online using the link below. All 2026 Physician Screening Forms must be completed in full and received by Sharecare no later than **November 30, 2026**.

[Download your 2026 Physician Screening form](#)

[Upload your completed physician screening form here](#)

Please note: The fax number to send your 2026 Physician Screening Form is 615-349-9111.

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Thank you.