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Be Well SHBP® Wellness Ambassador Connect



September 2026

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Agenda:

- Welcome New Ambassadors
- Stretch Break
- 2026 Rewards Program Reminders
- Sweepstakes, Challenges, Webinars
- Event Highlights
- Vendor Resources
    - Anthem BCBS
    - United Healthcare
- Self Care
- Mindful Moment



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Stretch Break!

Stretch



Seated Spinal Twist

This stretch lengthens the spinal extensor muscles to alleviate poor posture and chronic back pain.

How to Perform:
Sit upright with feet flat on the floor. Cross your right leg over the left (if this is too deep, keep feet on the floor). Inhale, lift arms overhead and exhale rotate to your right and place hands on the outside of your chair or thigh. Hold for five breaths. Inhale, rotate to center, switch crossed legs and exhale and complete the stretch on the left.



Seated Lateral Flexion

This stretch expands the chest muscles while lengthening the latissimus dorsi and serratus anterior muscles.

How to Perform:
Sit upright with feet firmly planted on the ground. Keep the spine neutral and place hands interlocked behind the head. Hold and allow the chest to open for three breaths while the elbows open to the side. Exhale; laterally flex the spine on the left side Hold for five deep breaths, return to center and repeat on the opposite side.



Side Neck Stretch

This stretch relieves jaw tension and allows the side of the neck, front of the deltoid and part of the chest muscle to open and lengthen.

How to Perform:
Slowly tilt your left ear toward the shoulder. Place the top of your right hand on the lower part of the back, and roll the right shoulder down and away from the ear. Place your left hand with slight pressure on the top of the head. Slightly lift the chin and keep the jaw open. Hold for five deep breaths, release, and repeat on the opposite side.



Seated Figure Four

This stretch opens the glutes and the external rotators of the hip.

How to Perform:
Sit upright with a neutral spine. Cross your right leg over the left and rest your hands on your shins. For a deeper stretch, lean your torso slightly forward. Hold for five deep breaths, release and repeat on the left leg.



Downward Facing Dog

This stretch lengthens the chest and back of the legs (glutes, hamstrings and calves).

How to Perform:
Stand upright and walk your feet slightly in front of the hips. Hinge at your hips and place your hands on your desk, chair or door handle. Push the hips back as you bring the chest parallel to the floor. Hold for five deep breaths.

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2026 Rewards Program Reminders

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2026 Be Well Rewards 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



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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

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Rewards Program

Which test must all members complete annually to earn points?

(Points will not be issued until completion)

Answer: RealAge® Test — 120 points

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Sweepstakes, Challenges & Webinars

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2026 Sweepstakes

Go to: Achieve > Rewards > Sweepstakes



Entry to win a Visa Gift Card

Health Screening Sweepstakes

Available · 244 days left

Jumpstart your wellness journey with the **Health Screening Sweepstakes**, running January 1st – November 30th! Complete your RealAge Test and biometric screening to be entered to win a Visa gift card. Complete your biometric screening early for bigger rewards —**40 winners will take home $500 (Jan–May)** and another **40 winners will win $250 (June–Nov)!**

For more information, see the official rules here.



Complete a coaching call to enter the monthly drawing

Coaching Sweepstakes

Available · 244 days left

Earn 30 points for completing a coaching call and be entered into a monthly drawing to win. Drawings will be held each month.

Monthly (March-October): 20 people will win a $25 Amazon gift card.

November: Grand prize 50 winners will choose between a $250 prize:

- Amazon
- Visa Card
- Target Card
- Walmart Card
- Costco Card

For more information, see the official rules here.

Sweepstakes dates: March 1st - November 30th 2026



Engage in Wellness Sweepstakes

Available · 244 days left

Stay motivated all year long by completing monthly challenges or attending webinars for your chance to win! **10 grand prize winners** will score their choice of a $500 prize!

Bonus prizes: 50 winners receive a $50 prize (Jan-May)

Bonus prizes: 50 winners receive a $50 prize (June-Nov)

For more information, see the official rules here.

Sweepstakes dates: February 1st - November 30th 2026.

Activities

Attend a Webinar
Entry into sweepstakes
Available • 244 days left

Complete a Challenge
Entry into sweepstakes
Available • 244 days left
0 of 10 rewards earned

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Challenges

Go to: Achieve > Rewards > 2026 State Health Benefit Plan Rewards Program

September



30 Points

Step Into Fall Challenge

Upcoming

As the air turns crisp and the leaves begin to change, it's the perfect time to refresh your routine and get moving. Stay active throughout the season by tracking your steps and embracing the energy of fall. Whether you're walking through scenic trails or simply adding more movement to your day, each step brings you closer to a healthier, more vibrant you.

Track at least 7,000 steps per day 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 June 1 – November 30, 2026.

Upcoming

Sep 1, 2026

October



30 Points

Harvest Your Savings Challenge

Upcoming

Turning attention to your budget each day helps cultivate mindful spending and intentional decision-making. With consistent focus, small choices begin to add up—reducing waste, strengthening financial habits, and allowing your savings to grow like a well-tended harvest.

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 June 1 – November 30, 2026.

Upcoming

Oct 1, 2026

November



30 Points

Harmony for the Holidays Challenge

Upcoming

The holiday season can be joyful, but it often brings added pressure and busy schedules. By tuning into stress levels each day, it becomes easier to recognize patterns, create space for calm, and respond with intention. With consistent awareness, even small moments of mindfulness can lead to greater balance, clarity, and harmony throughout the season.

Track ANY stress level for 21 days this month 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 June 1 – November 30, 2026.

Upcoming

Nov 1, 2026

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September Webinar

The Magic of Movement

Date: Wednesday, September 16th

Time: 12pm – 1pm

SHBP State Health Benefit Plan | sharecare | BeWell SHBP

Be Well SHBP®
The Magic of Movement

Wednesday, September 16th
12:00-1:00pm EST

Ready to unlock the magic of movement? Discover how walking can boost brain health, support healthy aging, and contribute to a longer, healthier life. We'll also share simple, realistic ways to increase your daily steps and make movement a lasting habit.

Register HERE!



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Event Highlights

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Vendor Resources

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United Healthcare



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Brandy White BSN, RN



Health & Wellness | Health Engagement Nurse

Meet your new Health Engagement Nurse

Brandy White, BSN, RN

I am your Health Engagement Nurse with UnitedHealth Care. I have the pleasure of being designated to support the Georgia State Health Benefit Plan members. As a Georgia resident myself, I am excited to work within my community to promote healthy lifestyles and improve health outcomes.

How can a Health Engagement Nurse help me?

Brandy is available to meet with you to discuss lifestyle behaviors you may want to address such as weight loss, physical activity, nutrition counseling, chronic condition management and disease prevention. Your Health Engagement Nurse will help you create and work toward your personal health goals. This is a free service provided as part of your SHBP benefits package.

Will my personal information that I share with my Health Engagement Nurse be protected?

None of your personal information will be shared with your employer. All of your personal health information will be protected in accordance with HIPAA.

What other services does my Health Engagement Nurse offer?

Your onsite Health Engagement Nurse will:

- Help you and your family make better health care decisions
- Demonstrate how to navigate UnitedHealthcare tools and resources
- Provide health education to individuals, families and groups through in-person and virtual classes
- Refer employees to appropriate wellness programs and services
- Perform blood pressure / weight / BMI screenings
- Provide support with chronic illnesses like diabetes, hypertension and asthma

How can I reach my Health Engagement Nurse?

Mon-Fri 8:00A-5:00P EST

Telephone:
(478) 221-5418
*Will show up as UnitedHealth Care when calling

Email:
Brandy_white@uhc.com

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A Division of the Georgia Department of Community Health

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Co-Pay / Co-Insurance Waiver

SHBP members must be actively participating in one of the following programs
Active participation includes, but is not limited to:

Connect with Nurse Brandy about other programs available

Coronary Artery Disease (CAD)	Diabetes	Asthma	How to Participate
CAD Program requirements include annual cholesterol screenings	Diabetes Program requirements include A1C testing twice yearly and annual cholesterol screenings	Asthma Program requirements include testing as required by the member's physician	1. Reach out to the Health Engagement Nurse 2. Participate in monthly/quarterly calls. 3. Complete yearly Real Age test through ShareCare 4. Meet disease specific requirements (labs, testing)

Note: The eligible member should allow 14 days before the enrollment is active

The State Health Benefit Plan Co-pay/Co-insurance Waiver Medication List at: caremark.com/portal/asset/SHBP_Copay_Waiver_OE.pdf

Anthem BCBS



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Anthem Community Engagement Nurses



SHBP
State Health Benefit Plan
A Division of the Georgia Department of Community Health

Administered by
Anthem

Anthem Community Engagement Nurses

- Nurses located throughout the State of Georgia
- Provide group-based and one-on-one education on chronic conditions, medication adherence, preventative screenings, nutrition and self care
- Coordinate and deliver educational sessions in collaboration with community partners, employers, or local health organizations
- Provide information for local resources

Meet the Community Engagement Nurses







Christina Moore, MSN, RN
Rosalind Jackson, BSN, RN
Kelli Martin, RN, CCM
Zedra Gay, BSN, RN, CLNC
Paige Hatcher, MSN, RN



Anthem Resources

A team that delivers:

- Registered nurses who help guide you in managing your condition and refer you to other health experts, as needed
- Respiratory therapists who can provide sleep apnea education, training for respiratory equipment, or assist with smoking cessation
- Pharmacists who understand the medicines used to treat health conditions and their side effects
- Social workers who can assist with community resources and support services
- Registered dietitians who offer nutritional education and dietary expertise
- Exercise physiologists who give expert help on setting fitness goals in line with your doctor's care plan
- Health coaches who can work with you to set health goals to improve the quality of your life

https://www.anthem.com/mcr/shbp/resources

Total Health, Total You

Total Health, Total You

SHBP State Health Benefit Plan — A Division of the Georgia Department of Community Health

Administered by Anthem

It helps to have someone by your side to help you achieve your health goals. Total Health, Total You offers a holistic clinical management approach to address all of your healthcare needs. It provides a team of nurses, health coaches, dietitians, pharmacists, exercise physiologists, behavioral health specialists, and other health experts.

A team that delivers

Registered nurses
who help guide you in managing your condition and refer you to other health experts, as needed.

Social workers
who can assist with community resources and support services.

Exercise physiologists
who give expert help on setting fitness goals in line with your doctor's care plan.

Respiratory therapists
who can provide sleep apnea education, training for respiratory equipment, or assist with smoking cessation.

Registered dietitians
who offer nutritional education and dietary expertise.

Health coaches
who can work with you to set health goals to improve the quality of your life.

Pharmacists
who understand the medicines used to treat health conditions and their side effects.



To learn more, call 866-901-0746, available from 8 a.m. to 6 p.m. ET, Monday to Friday.

Help with managing chronic health conditions

If you or one of your covered dependents lives with a chronic health condition, Anthem's experienced nurses and coaches can help you manage symptoms to improve your quality of life. Anthem's health experts can help members with the following conditions:

- Asthma
- Low-back pain
- Diabetes
- High blood pressure
- High cholesterol
- Chronic obstructive pulmonary disease (COPD)
- Certain types of cancer
- Heart failure (HF)
- Vascular or musculoskeletal diseases
- Coronary artery disease (CAD)

Case management

After surgery or a stay in the hospital, an Anthem nurse will contact you to review your doctor's care plan. Follow-up care, medication review, and personal lifestyle coaching are some of the services they can provide to members.

24/7 NurseLine

The registered nurses at Anthem's 24/7 NurseLine offer answers to your health questions, health-related educational materials and information about helpful tools/programs. They are available anytime of the day or night, including weekends, at 866-787-6361.

Applied Behavioral Analysis (ABA) Therapy

Anthem's health experts are available to provide telephonic support, education and resources, and provider outreach to those diagnosed with Autism Spectrum Disorder.

Behavioral Health

When experiencing stress or depression, our licensed health professionals can offer confidential support to alleviate your pain. They can also coordinate the services of your other healthcare providers and provide local and online resources.

Building Healthy Families

A program designed to support growing families with tools and resources, from family planning and pregnancy through the toddler years. The program includes:

- Tools to help you stay organized.
- Health and wellness expertise for you and your family.
- Personalized pregnancy support.

Building Healthy Families offers a personalized approach to care with digital tools, educational resources, care plans, messaging, and trackers.

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Self Care

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Facts on Self Care



According to Mental Health of America:

- “On average, people only spend 15 minutes a day on health-related self-care.”
- “Self-care is proven to reduce stress and anxiety levels while increasing self-compassion.”

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Why is Self Care Important?

Power of Self Care include but not limited to:



- Reduced stress
- Improves relaxation
- Increases creativity
- Weight management
- Lower risk of depression and anxiety
- Overall health and wellbeing

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Prioritize Self-Care

- Acceptance of self
- Start with the essentials
- Find what makes YOU happy
- Practice small steps
- Set Healthy Boundaries
- Build Relationships for Support



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Discussion

1. What are your favorite ways to practice self-care?
2. How do you prioritize self care?
3. How can you incorporate more self care into your day?
4. Who or what will hold you accountable?



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Take your health further with Guided Programs



Unwinding:
Learn to relax and meditate

This program can help you start living a less-stressed life through breathing exercises, meditations, sleep support, visual relaxation and more.

Eat Right Now®:
Manage and control food cravings.

This program can help change your relationship with food through powerful in-the-moment exercises and evidence-based techniques that help you deal with food cravings and triggers. .

Unwinding Anxiety®:
Manage stress and anxiety.

This step-by-step program can help to calm your mind. It uses the latest digital technology and clinical research along with mindfulness to enable you to break the cycle of worry and anxiety.

Craving to Quit®:
Quit tobacco and vaping.

This 21-day tobacco cessation program can help retrain the brain using mindfulness to break the habit loop. This program's tools can maximize your odds of successfully quitting tobacco.

*This is a benefit available at no additional cost to Be Well SHBP members. The Guided Programs are not part of the Be Well SHBP rewards program.

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Mindful Moment



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LET'S PRACTICE ☺



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Thank you!

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