



START HERE

FOR A HEALTHIER 'YOU'

Introducing Sharecare — a new online health and wellness assistant that gives you extra support toward reaching your wellness goals. Sharecare offers game-changing tools and resources that can help inspire a healthier “you.”

Receive personalized guidance on eating right, exercising, getting key health screenings, and more.

GETTING STARTED IS EASY:

VISIT

mycare.sharecare.com and set up your online profile.
See the back of this flier for step-by-step registration instructions.

DOWNLOAD

the Sharecare app.
Get it on Google Play or in the App Store.

TAKE

the RealAge[®] test to assess your health.
See step-by-step instructions on back.

TRACK

your health habits.
Get personalized guidance for a healthier lifestyle.

Five easy steps to create your Sharecare profile:

- 1** Visit mycare.sharecare.com on your computer or mobile device.*
- 2** Click on **Create an Account** near the bottom of the page.
- 3** Enter your information exactly as it appears on your **member ID card**.
- 4** Agree to the terms of use and authorization.
- 5** Click on **Create an Account**.

*Important tip:

Whether using a computer or mobile device, you must visit mycare.sharecare.com to register for the first time.

Mobile users:

After registering, download the Sharecare app in the App Store or Google Play.

Take the RealAge test:

Learn the real age of your body based on your health habits, current health conditions, and family medical history.

Here's how:

- 1** **Sign in to Sharecare** on your computer or mobile device and click on the **Sign In** button.
Computer users: Visit mycare.sharecare.com.
Mobile users: Tap the **Sharecare app**.
- 2** Visit the **"You"** section of the website or app.
- 3** Take the **RealAge test**.

Computer users:

Click the **Start Test** button.

Mobile users:

Tap the **Determine your RealAge** button.
After answering each question, tap **Next**.

After you take the RealAge test, Sharecare will start sending you articles and activities related to your personal health.

Each time you log in to Sharecare, you can view your RealAge by selecting the **Home** button (web) or **Home** icon (app). (Android users, your RealAge will display at the top of the timeline screen each time you log in to Sharecare.)

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

BAA ÁKONÍNÍZIN: Diné k'ehgo yánílti'go, language assistance services, éi t'áá níik'eh, bee níká a'doowoł, éi bee ná'ahóót'i'. ID bee nééhózingo nanitinígíí bine'déé' (TTY: 711) jí' hodiílnih.