



## CareFirst WellBeing

### Personalized solutions for a healthier you

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We're pleased to introduce CareFirst WellBeing<sup>SM</sup>—your personalized digital connection to your healthiest life. Catering to your unique health and wellness goals, CareFirst WellBeing offers motivating digital resources accessible anytime, plus specialized programs for extra support.

Your wellness program provides a wealth of tools and resources, as well as easy-to-understand recommendations and insights that reflect your individual interests and needs—all tailored to help you live your healthiest life.



*Download the CareFirst WellBeing app to access wellness tools and resources whenever and wherever you want.*

Access these exclusive features whenever, wherever you want, online or via the mobile app:



**RealAge® test:** In just a few minutes, the RealAge online health assessment will help you determine the physical age of your body, compared to your calendar age.



**Personalized timeline:** Receive content based on your health and well-being goals, along with your motivation and interests.



**Trackers:** Connect your wearable devices or enter your own data to monitor daily habits like stress, sleep, steps, nutrition and more.



**Challenges:** Stay motivated to achieve your health goals by joining a challenge.



**Health Profile:** Access your health data like biometric and lab results, vaccine information and medications, all in one place.

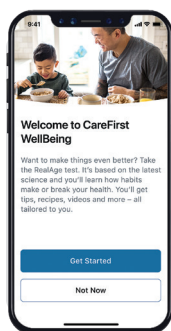


**Blue Rewards:** Earn financial incentives for participating in activities like taking the RealAge test, consenting to receive wellness emails, selecting a primary care provider and completing a health screening.

## Specialized programs

The additional support provided by these focused programs can help you take charge of your wellness goals with confidence:

- **Health coaching:** We encourage you to take advantage of this voluntary and confidential program that can help you achieve your best possible health.
- **Weight management:** A personalized solution to reach a healthier weight through gradual lifestyle changes that become lifelong habits.
- **Tobacco cessation:** Quitting tobacco can lower your risk for many serious health conditions. Expert guidance, support and online tools make quitting easier than you might think.
- **Financial well-being:** Learn how to take small steps toward big improvements in your financial situation.



To start exploring the program, visit [carefirst.com/wellbeing](https://carefirst.com/wellbeing) to download the CareFirst WellBeing app and register for your account. If you're already registered with Sharecare, you can download the app and log in with your current username and password.

Note: If you don't have a CareFirst *My Account*, follow the screen prompts to register, using your CareFirst member ID or alternate ID.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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