

Know your Numbers, Be Well, Earn Rewards

Put your health first and learn how to live younger longer with Sharecare.® Your Sharecare experience starts with taking the RealAge® test, a comparison of your calendar age to the true age of your body. Then, take advantage of the other included program offerings and personalized tips to make choices that will help lower your RealAge. Remember, your participation in any wellness activity is voluntary.

To qualify for the incentive you must complete Steps 1 through 3.

STEP 1 – RealAge Test

STEP 2 – Biometric Screening

STEP 3 – Achieve a total of 24 points. [Get started today!](#)

Program Activity	Value	Annual Max	Award Process
STEP 1 – RealAge Test	4	4	Automatic
STEP 2 – Biometric Screening	2	2	Automatic and/or Attestation
STEP 3 – Achieve 24 points total			
Challenges		4	Automatic
Keep Calm and Stress Less (Nov 2020)	2		
Snooze Soundly (Feb 2021)	2		
Preventive Care Category		6	Self-entered
Preventive Care Attestation (Dental/Vision/ Skin Cancer/Other AND/OR flu vaccination)	2		
Lifestyle Coaching	2	2	Self-entered
Employer Activity Attestation	2	12	Self-entered
Tobacco Attestation	2	2	
STEP 3 Program Goal:	24		

All points must be earned by May 31, 2021 to qualify for the incentive.

GETTING STARTED: Go to azblue.sharecare.com to register. You'll need your insurance ID. Once registered, you can download the Sharecare app to have easy access to everything at your fingertips!

BIOMETRIC SCREENING: Check with your employer for screening options.