



BlueCross
BlueShield
of Arizona

WELLNESS SOLUTIONS

Sharecare

YOUR PERSONALIZED
DIGITAL HEALTH HUB



Say hello to your online health and wellness hub.

Create your account at mycare.sharecare.com. Once you're in, Sharecare's unique features can help you reach your health and wellness goals.

RealAge® Test

Join over 45 million people who have taken the RealAge Test and see if your body is older — or younger — than you think. Then get tips on how to roll back your age.

Green Days

Track your health goals easily by “living in the green.” Each time you reach a Green Day, you’re one step closer to lowering your RealAge.

Challenges

Enjoy some friendly competition as you strive to stay healthy.

Other Features

Check out the **Benefits** tab within Sharecare to see what other features are available to you.

Sharecare Windows

Focus on your mind, body, and spirit with videos and virtual reality. Take a look at the **Inspirations** feature for help reducing stress and improving relaxation.

Customized Content

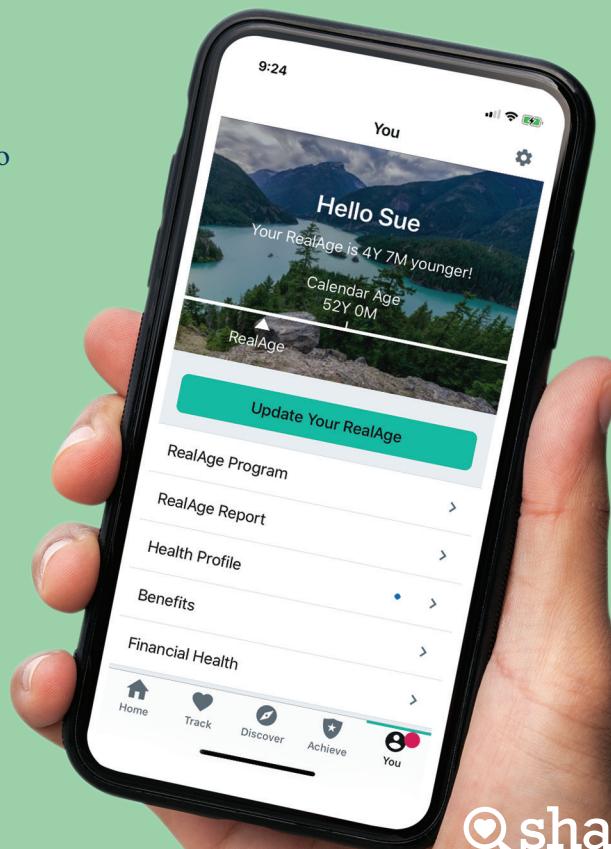
Check out articles and videos that match your personal goals. To follow specific topics, visit the **Health Topics** area.

Financial Health Guidance

Take a quick assessment and receive additional financial content relevant to your life.

AskMD

Looking for health advice? Type in your symptoms and get answers.



sharecare



It just gets better and better.

Your health plan is offering even more game-changing tools and resources.

Check them out:

Support from live, online coaches and nurses

Already have a coach or nurse you enjoy working with through your health plan? No problem. Ask them about staying connected through the convenient **Coach** chat feature — which you can find under the **Achieve** tab. It makes it easy for you to reach out to them when you need a little encouragement.

Considering working with a coach or nurse for the first time? Good for you. Whether you want to eat healthier, quit smoking, or manage a chronic condition, Sharecare gives you access to experienced coaches and nurses who can help you stay on track with your health and wellness goals.

Register and take the RealAge Test at mycare.sharecare.com and make sure to enter your information exactly as it appears on your Health plan member ID card. Then don't forget to download the Sharecare app.

Sharecare is a registered trademark of Sharecare, Inc., an independent and separate company that provides a consumer care engagement platform for your health plan. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. Sharecare does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

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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 yáñílti'go, language assistance services, éí t'áá níík'eh, bee niká a'doowoł, éí bee ná'ahóót'i'. ID bee nééhózingo nanitinígíí bine'déé' (TTY: 711) ji' hodíilnih.

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