



## Explore CareFirst WellBeing<sup>SM</sup>

### And learn how to earn up to \$175

Your CareFirst BlueCross BlueShield (CareFirst) well-being program can help you live a healthier life, reach your wellness goals and earn rewards.

Whether you want to manage stress, quit smoking or track your steps, this program delivers a wealth of resources customized to your interests and needs. Best of all, you can access your program anytime, anywhere.

- **Trackers:** Connect your wearable devices or enter your own data to monitor daily habits like sleep, steps, nutrition and more.
- **A personalized health timeline:** Receive recommendations, content and programs tailored to you.
- **Challenges:** Stay motivated by joining a challenge to make achieving your health goals more entertaining.
- **Inspirations:** Break free from stress, unwind at the end of the day or ease into a restful night of sleep with meditation, streaming music and videos.
- **RealAge®:** Take an online assessment that shows the physical age of your body compared to your calendar age.



*Earn incentives for completing healthy activities! After you complete an activity, you can redeem your incentive for eGift cards.*

## Earn up to \$175

The Blue Rewards program is available to all Guest Services employees and their spouses/domestic partners enrolled in the CareFirst medical plan. You can each earn up to \$175! Whether you complete one activity, all or any combination of them, you get rewarded. Complete the following activities **before October 31, 2023** and start earning!



**Earn \$25**

### Consent to receive wellness emails

Get wellness information delivered right to your inbox.



**Earn \$25**

### Take the RealAge assessment

The RealAge assessment is a simple questionnaire that will help you determine the physical age of your body, compared to your calendar age.



**Earn \$75**

### Complete a biometric health screening

You can visit your primary care provider (PCP) or a CVS MinuteClinic® to complete your screening.



**Earn \$50**

### Visit your PCP for an annual wellness visit

A wellness visit is one of the best ways to help prevent health problems before they start.

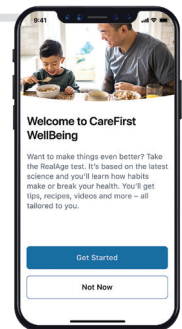
## Specialized programs for extra support

The following programs are included with your wellness program to help you achieve specific goals.

- **Health coaching**—provided by registered nurses and trained professionals.
- **Weight management**—reach a healthier weight through gradual lifestyle changes that become lifelong habits.
- **Tobacco cessation**—access expert guidance, support and online tools.
- **Financial well-being**—learn the small steps that add up to big financial improvements.

To get started earning your rewards, visit [carefirst.com/wellbeing](https://carefirst.com/wellbeing) and click Get Started to 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.



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.

CVS MinuteClinic is an independent company that provides medical services to CareFirst members. CVS MinuteClinic does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the medical services it provides.

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