

Sharecare®

**YOUR BEST SELF
IS JUST A
CLICK AWAY.**



First, you'll take the RealAge® Test and see if your body is older — or younger — than you think. Then you'll get tips on how to roll back your age.

After the test, to help you hit your goals, you can access more features through Sharecare®, like:

- Personalized health recommendations.
- Fitness tracking.
- Sleep tracking.
- And more customized content.

Best of all, these features are included with your health insurance.

Register today

Download the **Sharecare app** from your phone's app store. You'll need your member ID card to register.

Or sign up on the website at **mycare.sharecare.com**.

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 habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-544-2583.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-544-2583。

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