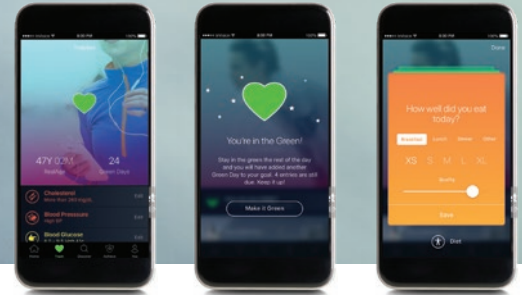


# Meet your free online health and wellness assistant.



## Register for Sharecare.

Visit [mycare.sharecare.com](https://mycare.sharecare.com) to register your account. Once you're in, use Sharecare's unique features to help reach your health and wellness goals.

### RealAge®

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 from your RealAge program 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.

### Content – just for you

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

### Health Profile

View all of your health info — from claims data to lab results — all in one place.

### AskMD

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

### 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.

### Challenges

Enjoy friendly competition as you strive to stay healthy.

**Don't forget to download the app after you register and check it often.**

Sharecare is always updating with new features you'll love.

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.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。 10/19 HC407752

