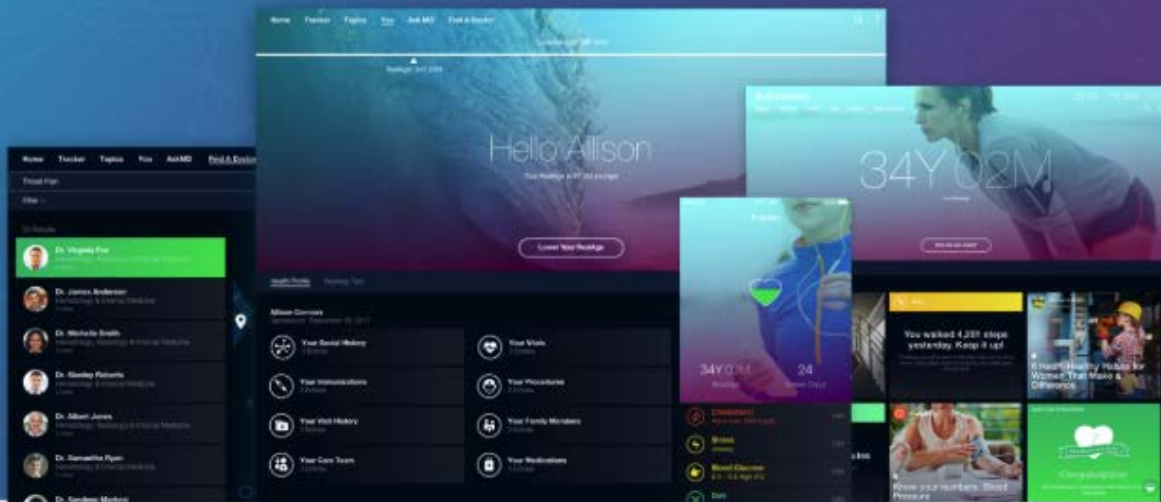


Information Guide

Sharecare is all your
health in one place



Overview and General Information

The State System's workplace wellness program, Healthy U, is provided through Highmark Blue Shield. Highmark has partnered with Sharecare to provide the electronic platform for Healthy U. The program offers additional voluntary tools and resources that can be explored and used at your convenience. All personal health information you provide as a participant in the program will be kept strictly confidential and participation is voluntary.

What is Sharecare?

Your Sharecare profile is a living, breathing, evolving story of your health. Based on your RealAge results, the expert resources, guidance and programs are all personalized for you to live your healthiest life. The Healthy U program is accessed through Sharecare. Employees and their enrolled spouses/domestic partners will need to create an online account with Sharecare prior to completing the Healthy U program. Once an account is created with Sharecare, members may access their information by using the website or Sharecare app downloaded from the Apple App or Google Play stores for use on their mobile devices.

Current Plan Year - January 1 – May 31, 2019

The current Healthy U program requires members to earn a total of 30 Healthy U points by registering and logging into Sharecare and completing the RealAge® test. Employees and their enrolled spouse/domestic partner must complete the Healthy U program requirements by May 31, 2019. Employees will be rewarded with lower health plan premiums beginning July 2019.

Program Requirements – 30 Points



Table of Contents

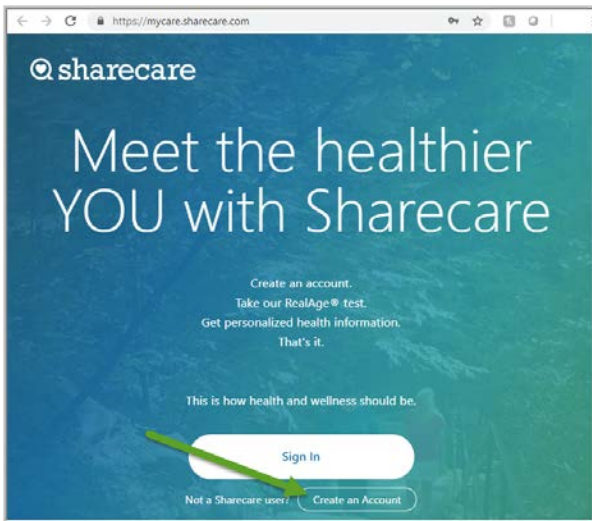
Creating and Maintaining a Sharecare Account
RealAge® Test
Earning Healthy U Points
Completing the Healthy U Program
About Sharecare

Creating and Maintaining a Sharecare Account

Creating Your Account

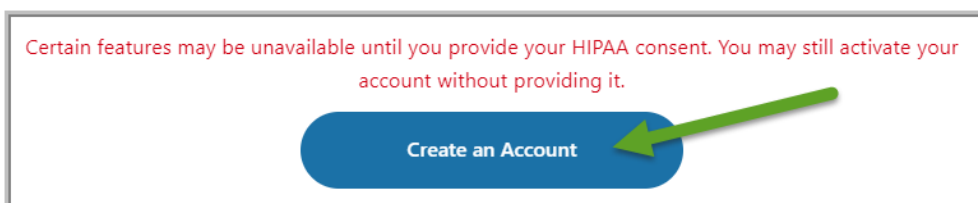
Navigate to <https://mycare.sharecare.com>

Click on 'Create an Account'



Complete the required information, including your Highmark Member ID (numbers only) and click 'Create an Account'

Please note: In order to complete your Sharecare registration, you must agree to the ADA and GINA Notice, however the HIPAA terms and disclosure is optional. If you do not agree to the HIPAA terms and disclosure, you will receive the message below. Click "Create an Account" again to bypass this message.



Important Information

Supported Web Browsers

Sharecare supports many popular web and mobile browsers. To fully experience the Sharecare website, you will need to use the latest version of one of the following:

- Google Chrome
- Mozilla Firefox
- Apple Safari for OS X and iOS
- Microsoft IE 11 or latest Edge browser

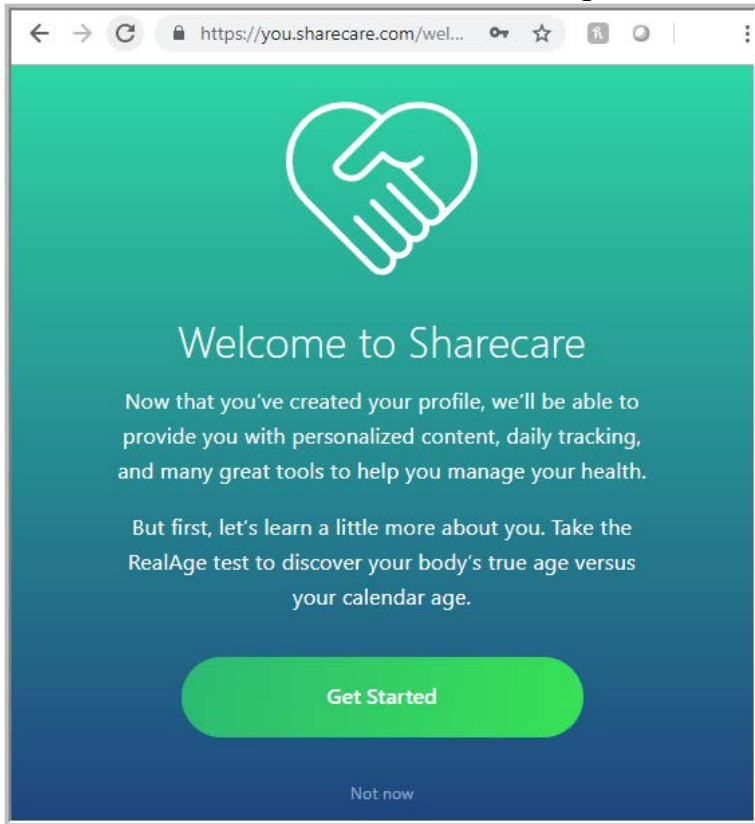
Note: Sharecare no longer fully supports IE10 and earlier versions. You will need to upgrade or use a different web browser.

Previous Account Access

If you created a Sharecare account prior to January 1, 2019, you will need to sign in at <https://mycare.sharecare.com> website in order to link your Highmark ID and properly set up your account through the Healthy U program.

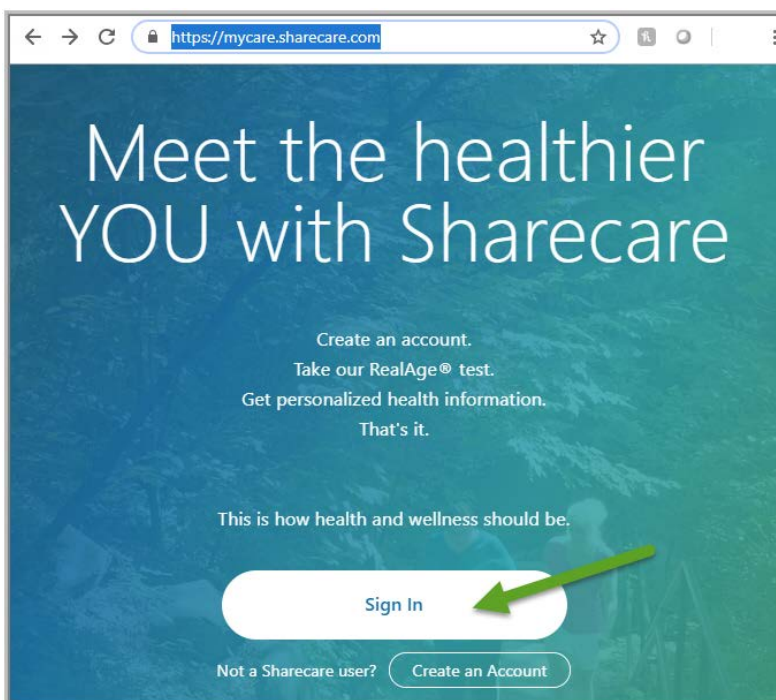
You will be directed to a Welcome Page.

You can click 'Get Started' to take the RealAge® test or 'Not now' to bypass and complete at a later time.



Logging Into Your Existing Account

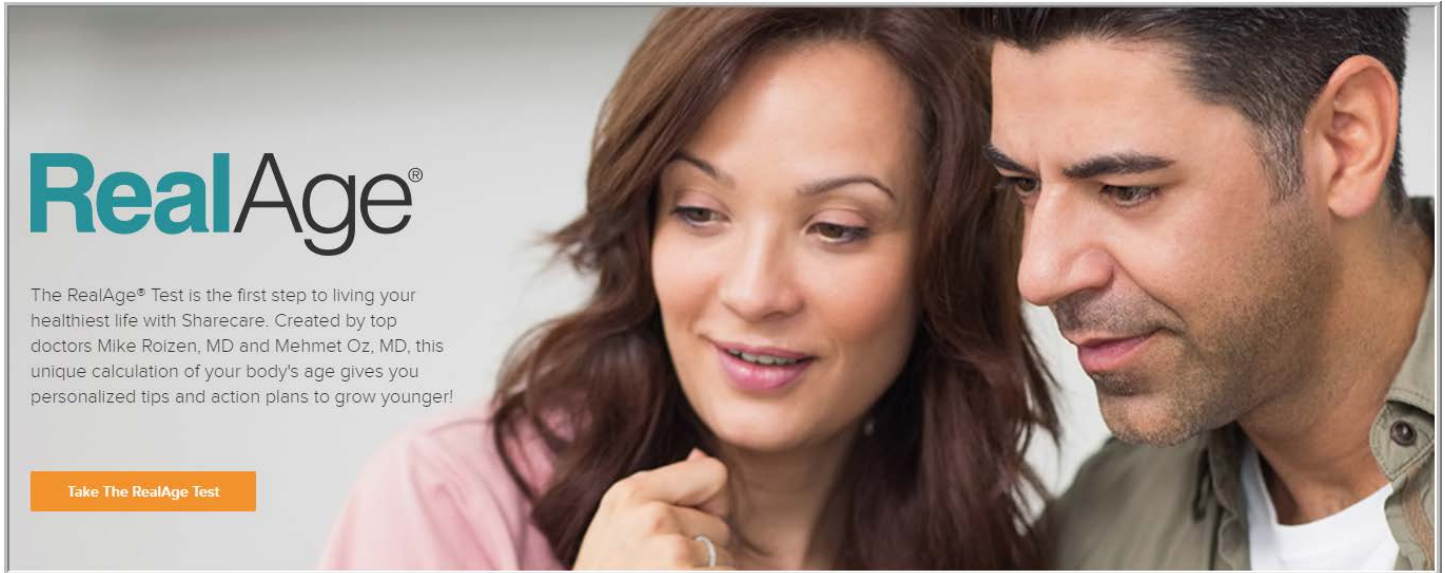
Your account can be accessed through any sign in prompt on the Sharecare website however it is recommended to use the web address <https://mycare.sharecare.com> and click 'Sign In'.



If you are having problems creating or signing into your account, visit the State System's [Healthy U Details and FAQs](#) webpage for assistance.

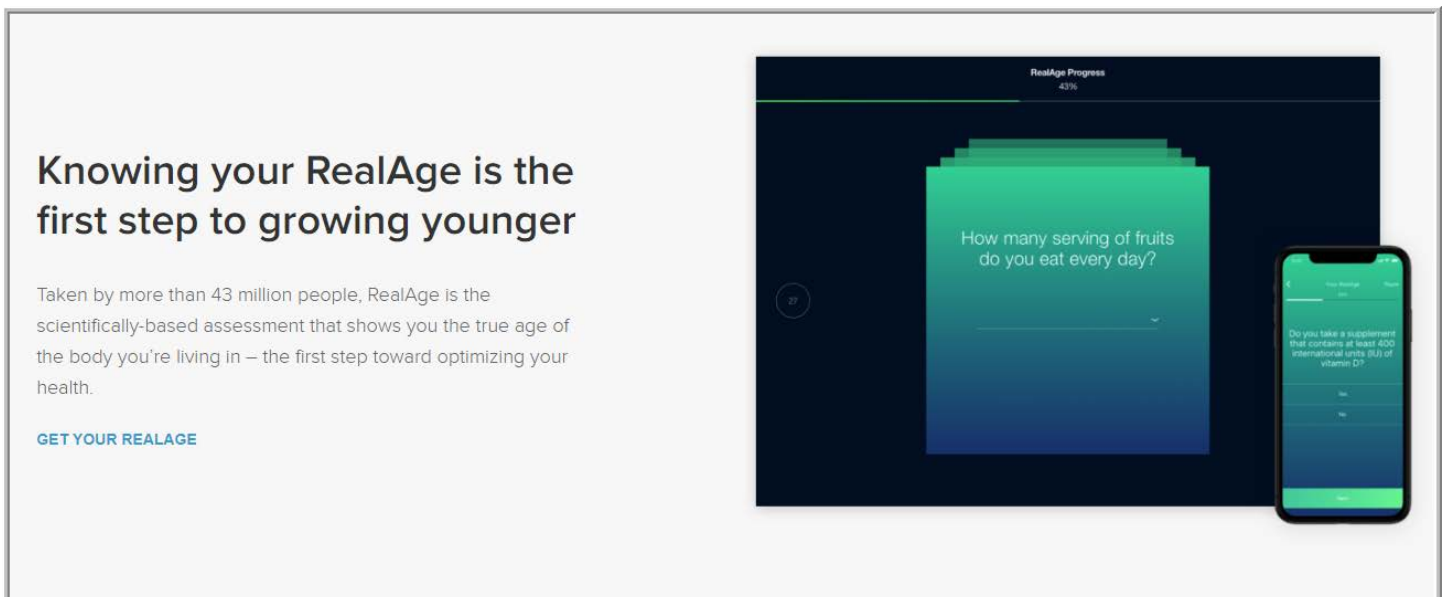
RealAge® Test

After creating your account you may take the RealAge® test by clicking the 'Get Started' link. Otherwise you can access the test later through your home page after logging into your account.



The RealAge® test examines up to 125 factors related to individual well-being, including health, feelings, diet, and fitness. Questions range from eating, exercise and sleep habits to family health history, and existing conditions. Based on your answers, you'll get a personalized plan for more energy, better sleep, and a happier, healthier life!

Log in now to start your assessment and discover your RealAge®



Earning Healthy U Points

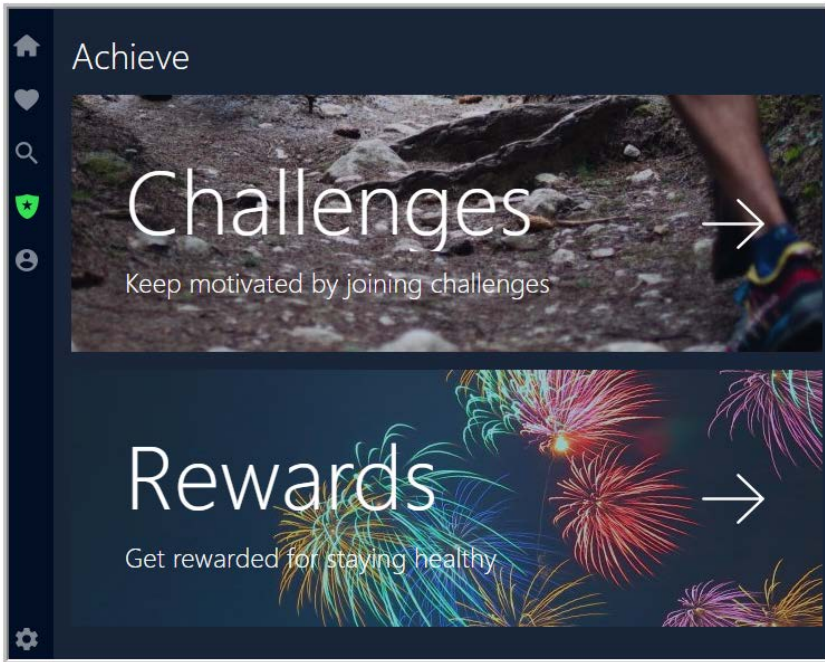
Program Requirements – 30 Points

In previous Healthy U Plan years, employees had to earn points by completing and logging wellness activities and programs. Since this is a new program for the Healthy U plan year ending May 31, 2019, employees will only need to earn 30 Healthy U points by completing the RealAge® test.

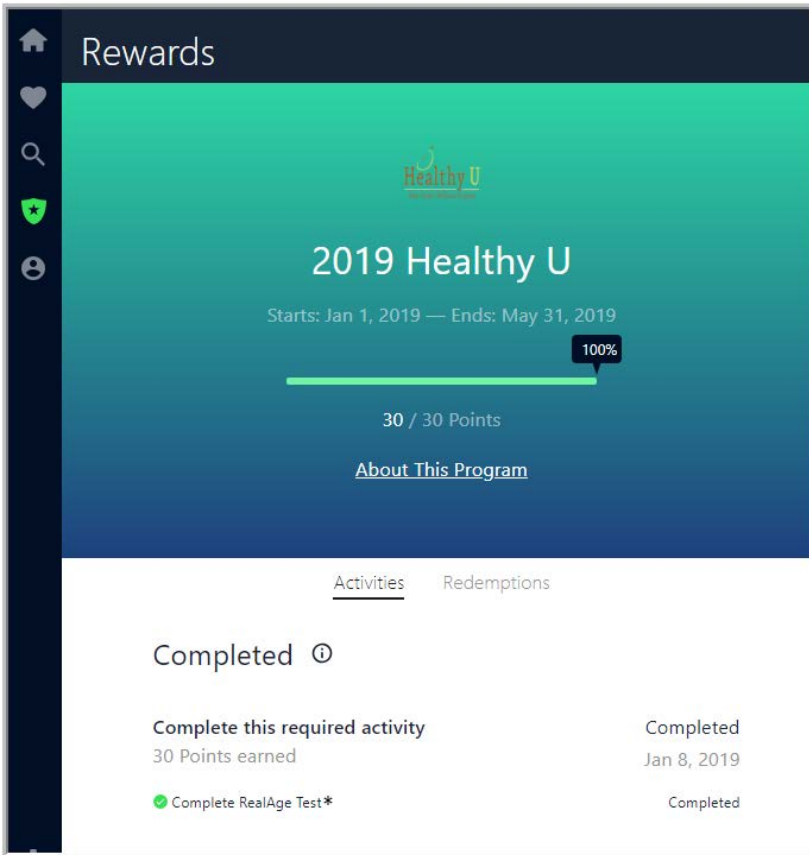
Additional plan information and expanded plan participation requirements will be implemented for future plan years.

Completing the Healthy U Program

You can confirm your Healthy U completion by navigating to the 'Achieve' icon from the menu bar and click on rewards.



Click on your current plan year to view your completion status.



Reminder

It may take up to 24 hours after completing the RealAge® test for the Healthy U completion status to be updated.



Important Information

Spouse/Domestic Partner

Both the employee and the enrolled spouse/domestic partner must see a completed status on their accounts to confirm Healthy U completion.

About Sharecare

Sharecare is more than just your RealAge® test. It is a personalized plan that gives you the tools and resources to live a healthy lifestyle.


Maximize Your Results

For a more engaging experience, download the Sharecare app onto your Apple or Android device. You can enable data to be shared between your Apple Health, Google Fit, or FitBit apps and Sharecare to automatically track progress, such as steps, toward your goals.



AskMD® - <https://www.sharecare.com/askmd/get-started>

Sharecare members have constant access to personalized health consultations with AskMD – get an answer to what might be causing your symptoms, and get ready for a productive visit with your doctor.



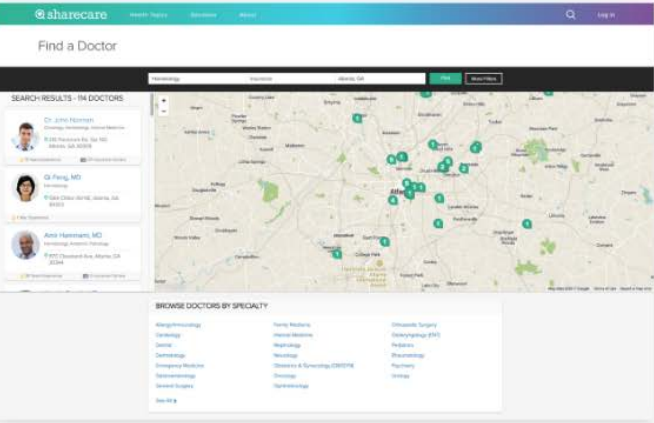
Know how to get better care with AskMD®

Sharecare members have constant access to personalized health consultations with AskMD – get an answer to what might be causing what's bothering you, and get ready for a productive visit with your doctor.

[GET YOUR CONSULTATION](#)

Find Local Doctors - <https://www.sharecare.com/find-a-doctor>

Enter “Highmark PPOBlue” under insurance to locate an in-network provider. Finding the right doctor or specialist is a critical part of taking care of your health. Search locally and by specialty for the doctors closest to you, and add filters like language, experience, and hospital affiliation to find the perfect match.



Find the perfect doctor to fit your needs

Finding the right doctor or specialist is a critical part of taking care of your health. Search locally and by specialty for the doctors closest to you, and add filters like language, experience, and hospital affiliation to find the perfect match.

[FIND A LOCAL DOCTOR](#)