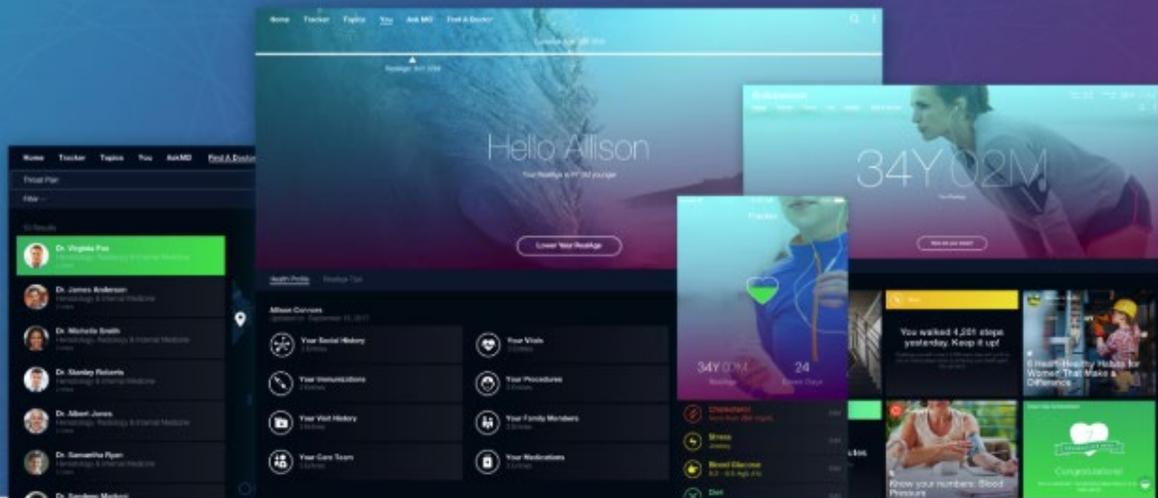


# Information Guide

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 Year – January 1, 2021 – May 31, 2021

The current Healthy U program requires members to register and/or log in to Sharecare and complete the RealAge® test. Employees and their enrolled spouse/domestic partner must complete the RealAge® test by May 31, 2021.

Employees will be rewarded with lower health plan premiums beginning July 2021.

### Program Requirements – Complete the RealAge® Test



## Table of Contents

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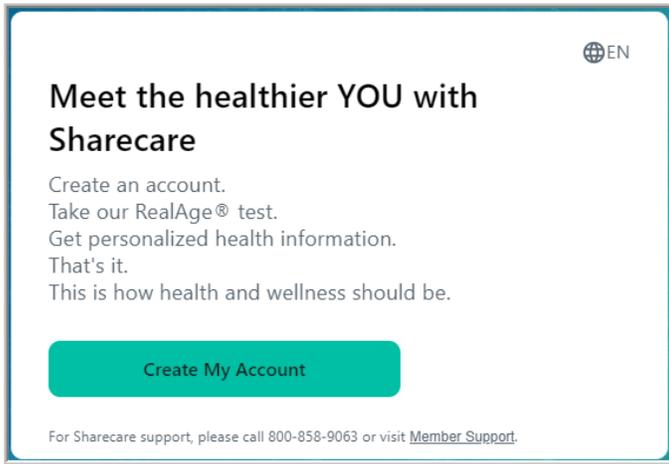
Creating and Maintaining a Sharecare Account  
RealAge® Test  
Confirming Your Completion  
About Sharecare

# Creating and Maintaining a Sharecare Account

## Creating Your Account

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

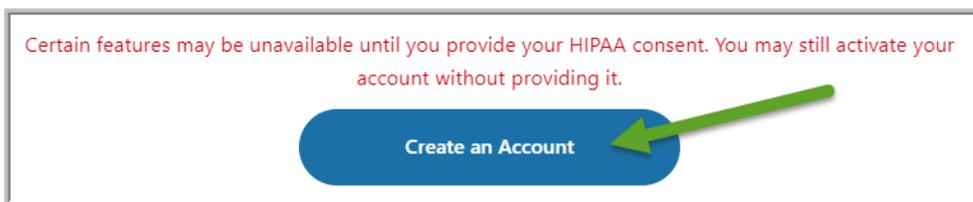
Click on 'Create an Account' or log in to your existing account.



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

A screenshot of the "Create Your Sharecare Account" registration form. The form has a white background with a teal header. The main heading is "Create Your Sharecare Account". Below this, there is a paragraph of text: "We're working with Sharecare to bring our members one of the simplest and most effective mobile health and wellness solutions available. All you'll need to get started is a few minutes and your Member ID card." Below the paragraph, there is a link: "Already a Sharecare User? [Sign In](#)". The form is titled "Account Details" and contains four input fields: "First Name", "Last Name", "Date of Birth (MM/DD/YYYY)", and "ZIP Code". A globe icon with "EN" and a close button "X" are in the top right corner.

**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.

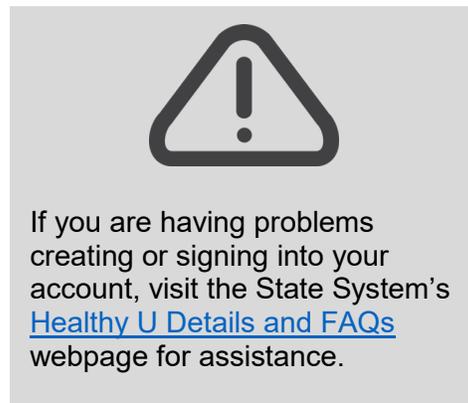
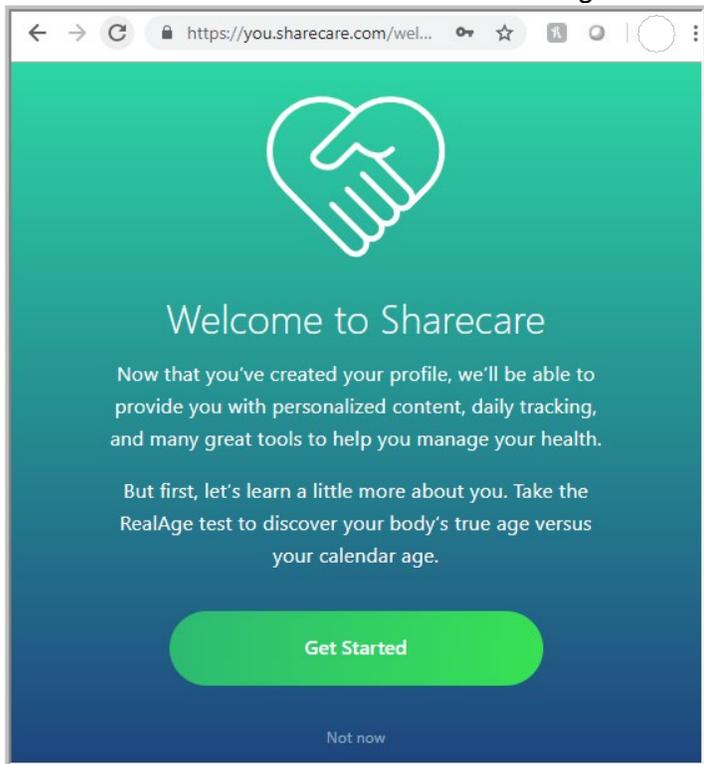
### Web Address Issues

You must use the link <https://mycare.sharecare.com> **every time** you log in or create an account.

If you log out and are redirected to the main login page, you or your spouse will need to update the link in the navigation.

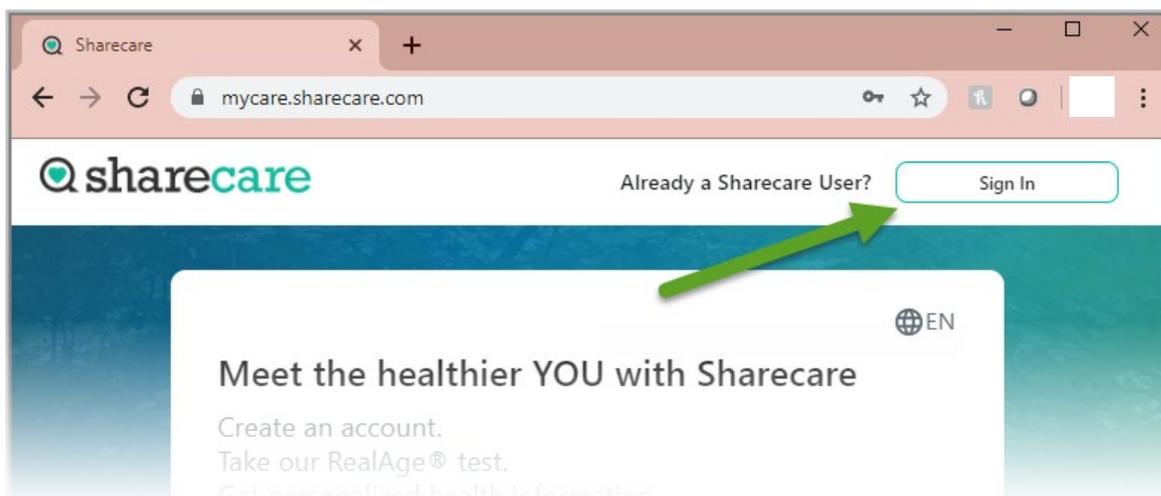
You will be directed to a Welcome Page.

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



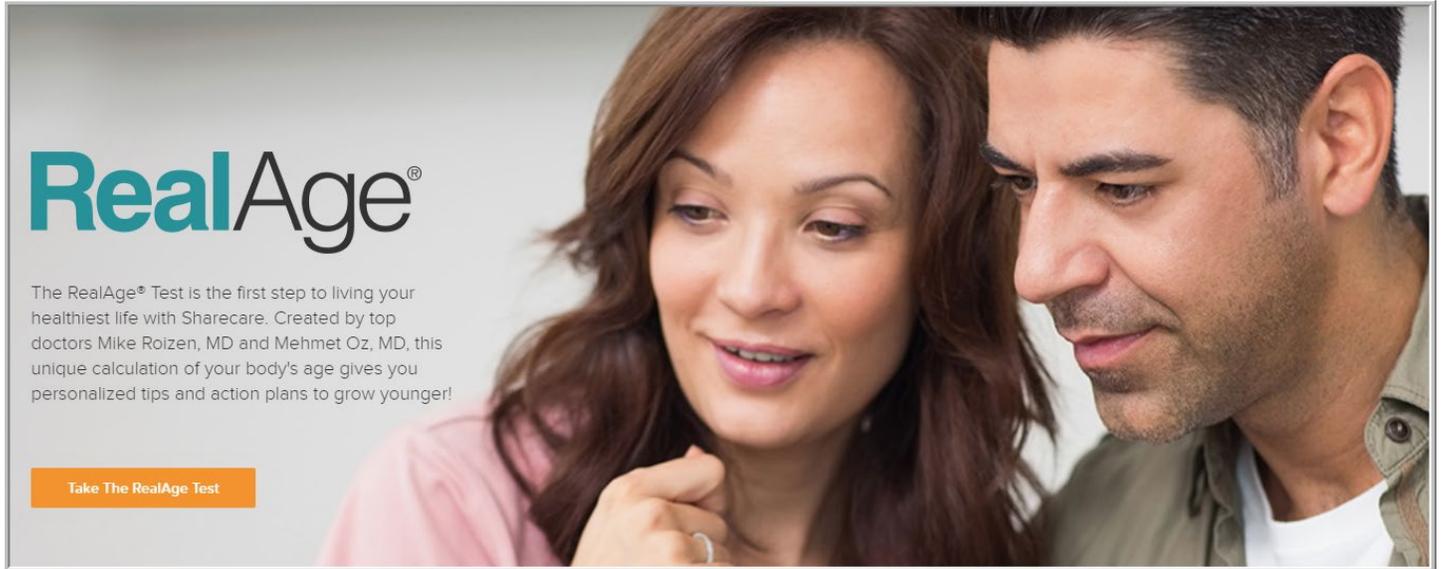
### Logging Into Your Existing Account

Your account must be accessed by using the web address <https://mycare.sharecare.com> and click 'Sign In'.



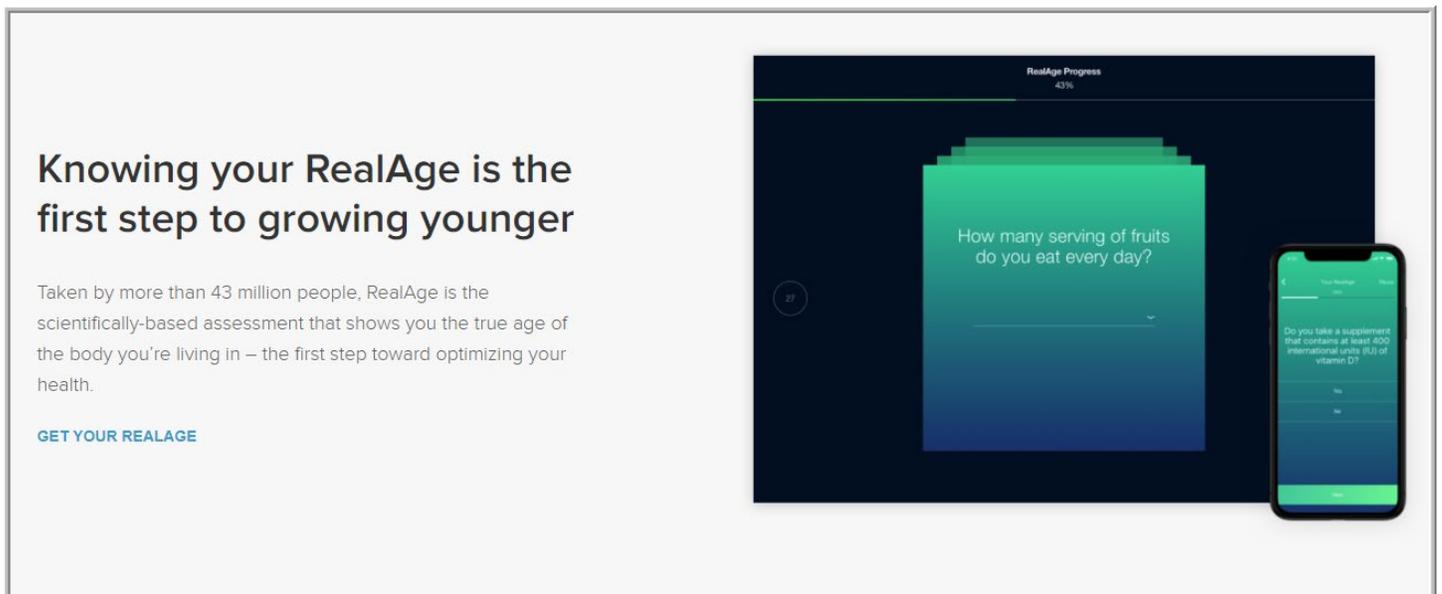
# RealAge® Test

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®  
<https://mycare.sharecare.com>

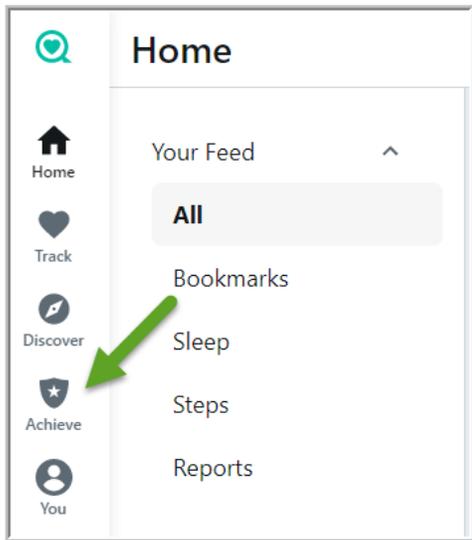


# Confirming Your Completion

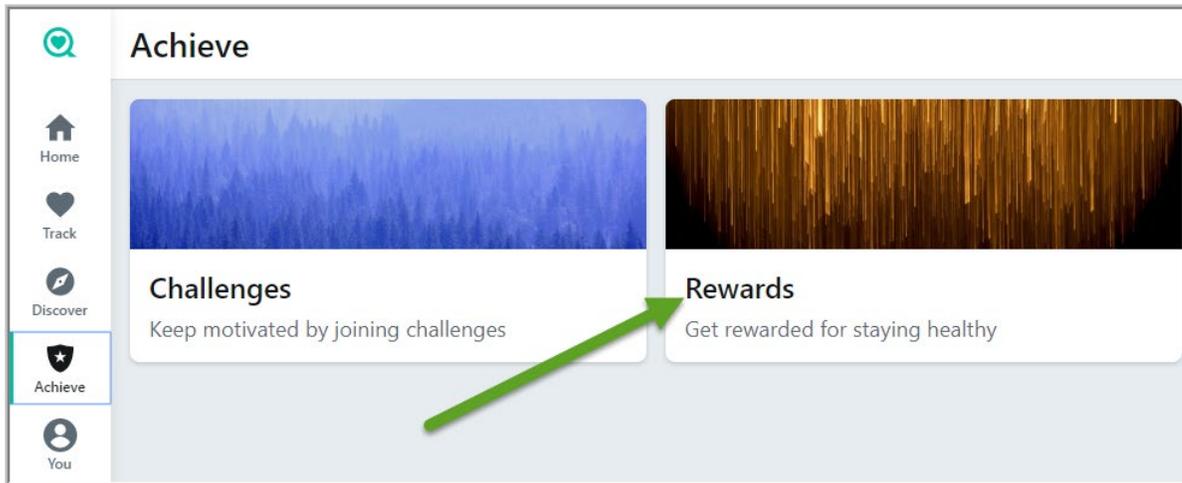
You and your enrolled spouse can check your Rewards Program to verify completion. If you **and** your enrolled spouse completed the RealAge® test and can see 100% in the Rewards Completion Screen you are **complete**.

## Navigating to the Rewards Completion Screen:

Click the Achieve section from the Home screen.



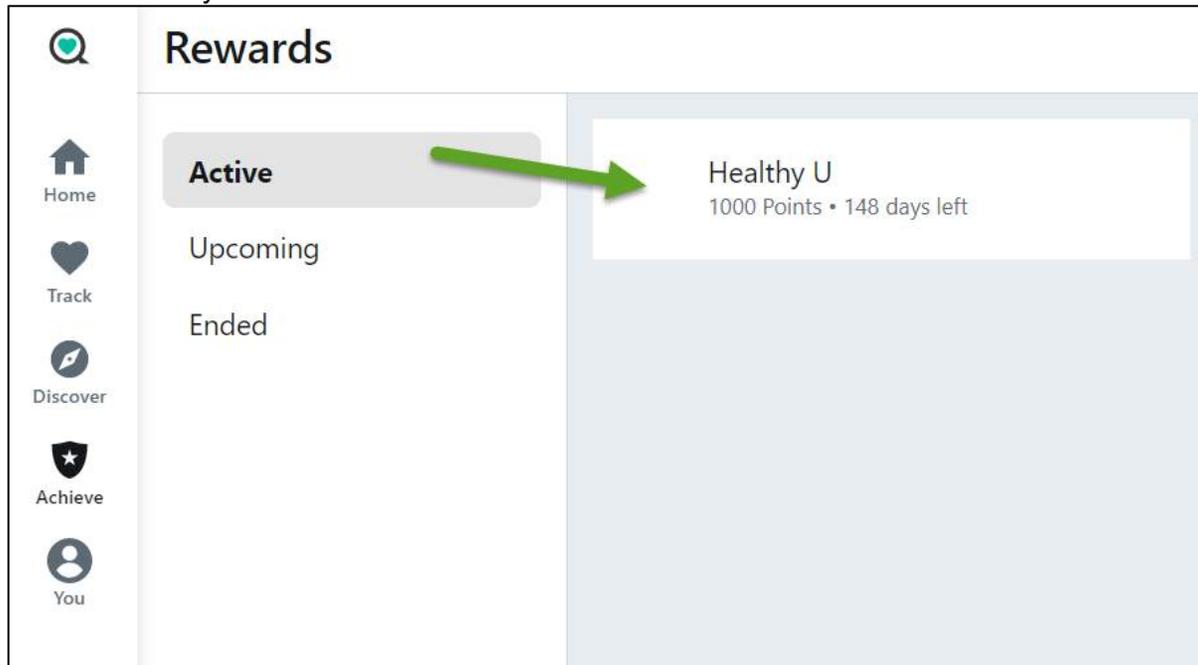
Click on the Rewards section.



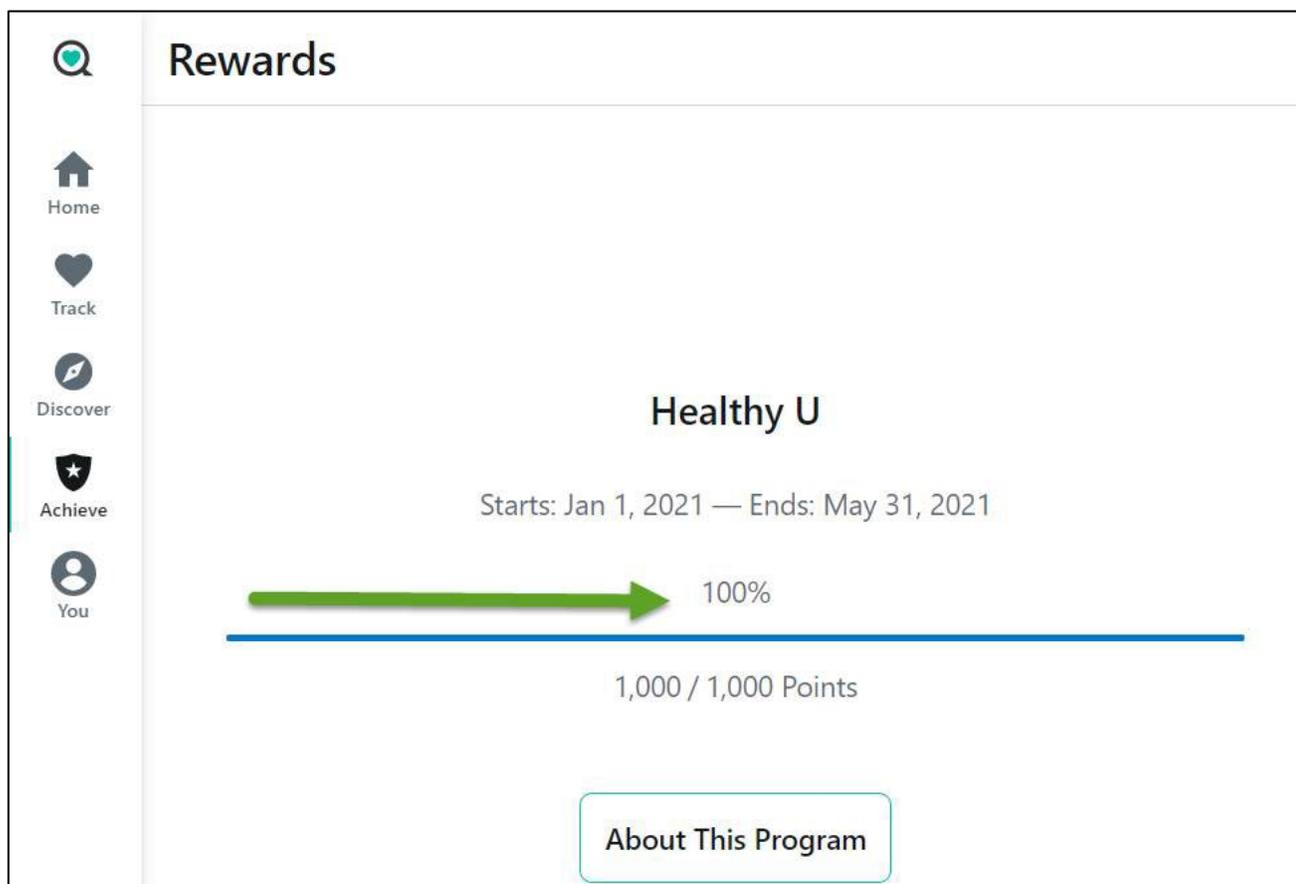
## Reminder

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

Click on Healthy U.



You are now at the Rewards Completion Screen. You are complete if your Healthy U status bar indicates 100% as shown below:



**Please note:** Both the employee and the enrolled spouse/domestic partner must check the status on each of their accounts to confirm Healthy U completion.

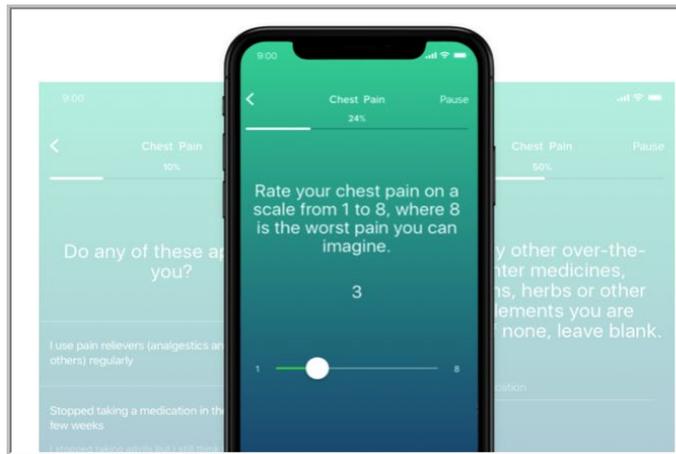
# About Sharecare

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. 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.



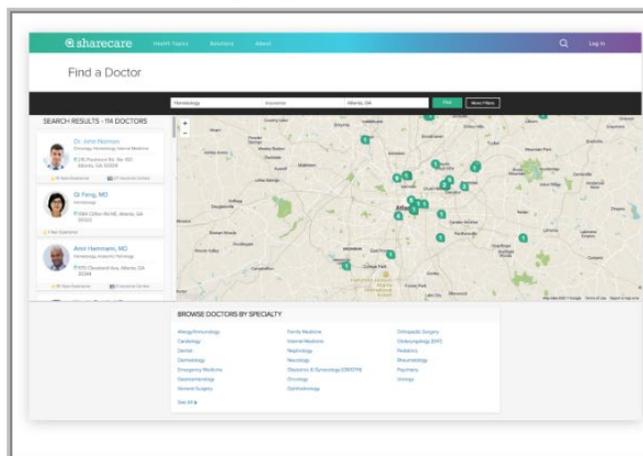
**Know how to get better care with AskMD®**

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](#)