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 – September 1, 2019 – May 31, 2020
The current Healthy U program requires members to register and/or log in to Sharecare, complete the RealAge® test and complete additional activities to earn a total of 70 Healthy U points. Employees and their enrolled spouse/domestic partner must complete the Healthy U program requirements by May 31, 2020. Employees will be rewarded with lower health plan premiums beginning July 2020.

Program Requirements – 70 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’ or log in to your existing 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.

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’.

If you are having problems creating or signing into your account, visit the State System’s Healthy U Details and FAQs webpage for assistance.
Entering Activities and Confirming Completion

You can enter Healthy U activities by navigating to the ‘Achieve’ icon from the menu bar and click on rewards.

In order to earn points for your activities, you must enter your completed activities in the Rewards area of the Sharecare website:
Once completed, your Rewards will be updated with a “Completed” status:

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

Knowing your RealAge is the first step to growing younger

Taken by more than 43 million people, RealAge is the scientifically-based assessment that shows you the true age of the body you’re living in – the first step toward optimizing your health.

GET YOUR REALAGE
Earning Healthy U Points

The current Healthy U program requires members to earn a total of 70 Healthy U points by registering and/or logging into Sharecare, completing the RealAge® test and additional Healthy U activities of their choosing. Employees and their enrolled spouse/domestic partner must complete the Healthy U program requirements by May 31, 2020. Employees will be rewarded with lower health plan premiums beginning July 2020.

1) Complete the RealAge® test each program year (worth 30 points)
2) Earn an additional 40 points by completing activities (for a total of 70 points)

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Click the activity or view the program description page below to view the program description:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>RealAge® Test (required)</td>
<td>30</td>
</tr>
<tr>
<td>RealAge® Program</td>
<td>40</td>
</tr>
<tr>
<td>Enroll in Tobacco Cessation</td>
<td>30</td>
</tr>
<tr>
<td>Engage In Health Coaching</td>
<td>20</td>
</tr>
<tr>
<td>Preventive Exam</td>
<td>30</td>
</tr>
<tr>
<td>Breast Cancer Screening</td>
<td>20</td>
</tr>
<tr>
<td>OB/GYN Exam</td>
<td>20</td>
</tr>
<tr>
<td>Colorectal Cancer Screening</td>
<td>20</td>
</tr>
<tr>
<td>Prostate Cancer Screening</td>
<td>20</td>
</tr>
<tr>
<td>Complete Annual Dental Exam</td>
<td>20</td>
</tr>
<tr>
<td>Complete Annual Vision Exam</td>
<td>20</td>
</tr>
<tr>
<td>Complete A Skin Screening</td>
<td>20</td>
</tr>
<tr>
<td>Complete Annual Flu Shot</td>
<td>20</td>
</tr>
<tr>
<td>Attend Health/Wellness Fair</td>
<td>10</td>
</tr>
<tr>
<td>Enroll In Baby Blueprints</td>
<td>25</td>
</tr>
<tr>
<td>Complete Campus Wellness Activity</td>
<td>25</td>
</tr>
<tr>
<td>Attend Community Walk/Run</td>
<td>25</td>
</tr>
<tr>
<td>Participate In Blood Drive</td>
<td>10</td>
</tr>
<tr>
<td>Complete Volunteer Event</td>
<td>10</td>
</tr>
<tr>
<td>Wearable Fitness Device Use</td>
<td>25</td>
</tr>
<tr>
<td>Complete A Home Safety Measure</td>
<td>5</td>
</tr>
<tr>
<td>Attend Financial Seminar</td>
<td>5</td>
</tr>
<tr>
<td>Attend Wellness Lecture</td>
<td>5</td>
</tr>
</tbody>
</table>
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.

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.
Program Descriptions

**Complete RealAge Test (Required):**
The RealAge test helps you understand your RealAge compared to your calendar age and find out what you can do to improve your health and gain time back on your life. In order to earn credit for this activity you must answer all questions in the RealAge Test.

**Engage in RealAge Program:**
The RealAge Program is a comprehensive health program targeting four lifestyle categories; Stress, Sleep, Physical activity, and Nutrition. Participation in this activity can reduce health risks and promote healthy behaviors. To earn credit for this activity, track 1 lifestyle category, a minimum of 4 days per week, for any 3 weeks during your rewards program timeframe.

**Enroll in Tobacco Cessation Guide:**
The tobacco cessation guide takes you on the journey towards a commitment to quit using tobacco. This seven week guide starts with why to quit, then moves on to establishing immediate health incentives, overcoming fears about quitting, preparing to quit, understanding the quick steps to get started and finally developing a meaningful plan to quit. To earn credit for this activity, acknowledge you reviewed the guide. After acknowledging this, you will begin receiving the guide content in your timeline.

**Engage in Health Coaching:**
You have the opportunity to set a goal with your health or wellness coach, discuss your health concerns and identify areas to improve your health routine. The objective is to increase healthy behaviors and choices, which may be accomplished over several conversations. Earn credit for this activity by engaging with a Highmark telephonic health or wellness coach. To get started, please call the Member Service number on the back of your Member ID card.

**Preventive Exam:**
Regular health exams can help find problems early, when your chances for treatment and cure are better. By getting regular preventive care, you boost your chances for a longer, healthier life. To earn credit for this activity, simply certify that you have received your preventive exam according to the recommended preventive schedule.

**Breast Cancer Screening:**
Breast cancer screenings are the best defense against breast cancer. These screenings can detect cancer in its early stages, often before it can be felt during a self breast exam. Research shows that mammograms and early detection improve breast cancer survival rates. To earn credit for this activity, simply certify that you have received your breast cancer screening according to the recommended preventive schedule.

**OB/GYN Exam:**
A regular OB/GYN exam can help protect women against a wide range of health concerns. By completing this activity, you are certifying that you have received an OB/GYN exam according to the recommended preventive schedule.

**Colorectal Cancer Screening:**
A routine colorectal exam can reduce deaths from colorectal cancer. Some screening tests are designed to find and remove polyps before they can become cancerous. Some look for early signs of cancer. Colorectal cancer has a much better chance of being successfully treated when it is detected and treated early. To earn credit for this activity, simply certify that you have received your colorectal cancer screening according to the recommended preventive schedule.

**Prostate Cancer Screening:**
A prostate exam's biggest benefit is the detection of prostate cancer. Prostate cancers are common in males, especially those who are middle-aged or older. Getting a recommended prostate exam can raise the odds of a cancer being detected early enough for treatment. By completing this activity, you are certifying that you have received a prostate exam according to the recommended preventive schedule.

**Complete Annual Dental Exam:**
Regular dental exams are an essential step in maintaining healthy teeth and gums. During a dental visit, your dentist or hygienist may also examine your mouth for early signs of oral cancer, vitamin deficiencies or diabetes. By completing this activity, you are certifying that you have received a dental exam.

**Complete Annual Vision Exam:**
Adults should have their eyes tested to keep their vision prescriptions current and to check for early signs of eye disease. By completing this activity, you are certifying that you have received a vision exam.
Complete a Skin Screening: A clinical skin exam is performed to search for any unusual or suspicious lesions or conditions on the skin’s surface. When examining people at risk for skin cancer, providers look for atypical or abnormal looking moles that could be melanoma or other less deadly forms of skin cancer. To earn credit for this activity, certify that you have received a skin screening.

Complete Annual Flu Shot: Flu season typically begins in October. The flu shot takes around two weeks to become effective, so the best time to get it is in September. It is still a good idea to get a flu shot even in the winter, since flu season lasts through late spring. By completing this activity, you are certifying that you have received a flu shot.

Attend Health/Wellness Fair: By completing this activity, you are certifying that you attended a Health and Wellness fair that was sponsored by your employer. To earn credit, certify that you have attended this event.

Enroll in Baby Blueprints: Baby Blueprints is a free program available to expectant mothers that helps you and your baby be healthier throughout your pregnancy and beyond. To complete this activity, call 1-866-918-5267 to enroll, then come back here and certify that you have enrolled in this program.

Complete Campus Wellness Activity: Your University may offer periodic wellness programs, such as fitness classes, walking programs, weight management programs, stress management programs, nutrition/healthy eating programs, and many other similar initiatives. Contact your university human resources office or campus wellness coordinator to see what programs may be available. Enroll in and complete the participation requirements of the campus wellness program, then come back here and certify that you have participated in a campus wellness activity.

Attend Community Walk/Run: Attend a community walk/run of your choice. To earn credit for this activity, certify that you have participated in a community walk/run.

Participate in Blood Drive: To earn credit for this activity, certify that you have participated in a blood drive.

Complete Volunteer Event: Research shows that volunteering has both mental and physical health benefits. Volunteering helps improve your mood, makes you feel healthier, increases your sense of purpose, and reduces your stress levels. Volunteering can also give us a deep sense of happiness, both immediately and long term. To earn credit for this activity, certify that you have participated in a volunteer event.

Wearable Fitness Device Use: A wearable fitness device is used to track and monitor lifestyle activity information including number of calories burned, number of steps taken, sleep patterns and heart rate. These devices include products such as Fitbit, Nike Fuelband, Apple iWatch, Jawbone, a pedometer or similar technology. By completing this activity, you are certifying that you have used a wearable fitness device for a minimum of three months.

Complete a Home Safety Measure: Prevent needless home accidents, illness or injuries by installing or maintaining home safety measures, such as smoke, carbon monoxide and/or radon detectors, and other similar devices. To earn credit for this activity, certified that you have installed or maintained a home safety measure.

Attend Financial Seminar: Attend a financial or retirement seminar. To earn credit for this activity, attend a financial or retirement seminar, then certify here to confirm that you have participated.

Attend Wellness Lecture: Your university colleagues, as well as other invited guest speakers, possess a wealth of information about important health and wellness topics. Attend a wellness lecture, Lunch and Learn, or other similar event and record your attendance here to receive credit for this activity.