



Explore Your Wellness and Incentive Program And learn how to earn up to \$100

Your CareFirst BlueCross BlueShield (CareFirst) wellness program can help you live a healthier life, reach your wellness goals and earn rewards.

Whether you want to manage stress, quit smoking or track your steps, this program, brought to you in partnership with Sharecare, Inc.,* delivers a wealth of resources customized to your interests and needs. Best of all, you can access your program anytime, anywhere.

- **Trackers:** Connect your wearable devices or enter your own data to monitor daily habits like sleep, steps, nutrition and more.
- **A personalized health timeline:** Receive recommendations, content and programs tailored to you.
- **Challenges:** Stay motivated by joining a challenge to make achieving your health goals more entertaining.
- **Inspirations and Relax 360°:** Break free from stress, unwind at the end of the day or ease into a restful night of sleep with meditation, streaming music and videos.
- **RealAge® test:** Take an online assessment that shows the physical age of your body compared to your calendar age.



*Earn incentives for
completing healthy
activities!*

Earn up to \$100

The Blue Rewards incentive program is available to all Frederick County Public Schools retirees and their spouses enrolled in the CareFirst medical plan. You can each earn up to \$100! Whether you complete one activity, all or any combination of them, you get rewarded. Ready to start earning? Complete these activities **between January 1, 2022 and September 30, 2022**:



Earn \$25

Consent to receive wellness emails and take the RealAge test

The RealAge test is a simple questionnaire that will help you determine the physical age of your body compared to your calendar age



Earn \$50

Complete a health screening or a preventive exam¹

You can visit your primary care provider or a CVS MinuteClinic® to complete your health screening



Earn \$25

Join a specialized program that meets your wellness needs

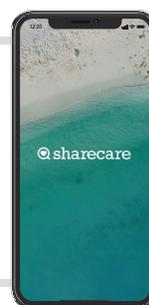
Get support for weight management, tobacco cessation or financial well-being

Specialized programs for extra support

To earn the \$25 reward, you must participate in at least one of the following programs (if eligible). Be sure to follow the rules for your program of choice.

- **Weight management**—reach a healthier weight and help prevent diabetes by completing six group video coaching sessions.
- **Tobacco cessation**—access expert guidance and support by completing all 22 program modules.
- **Financial well-being**—register to learn the small steps that add up to big financial improvements.

Log in today to start earning. If you don't already have a Sharecare account, visit carefirst.com/sharecare. You'll need to enter your CareFirst *My Account* username and password and complete the one-time registration with Sharecare to link your CareFirst account information. This will help personalize your experience.



Note: If you don't have a CareFirst *My Account*, follow the screen prompts to register, using your CareFirst member ID or alternate ID.

¹ Preventive exam includes cardiovascular, colonoscopy, diabetes, mammogram, routine GYN visit/pap test, osteoporosis, prostate cancer or skin cancer.

This wellness program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

CVS MinuteClinic is an independent company that provides medical services to CareFirst members. CVS MinuteClinic does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the medical services it provides.

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