



 sharecare

The RealAge® Test

Your First Step to Growing Younger

KEY FEATURES

- Access the RealAge Test in the Sharecare app
- Takes approximately 15-20 minutes to complete
- Pause the test at any time and come back to finish
- Your RealAge results give you access to personalized content in your timeline
- Take your RealAge Test multiple times throughout the year to see how lifestyle changes can lower your RealAge result

Your calendar age really is just a number. What matters is **how you feel**—how healthy you are, and how much energy you have to do the things you enjoy.



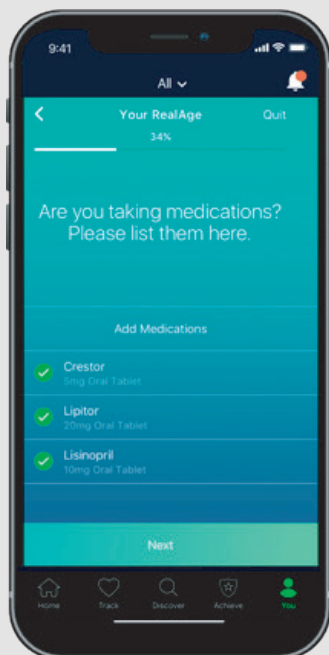
Sharecare’s RealAge test lets you find out how old your body “thinks” you are. This clinically validated health assessment guides you through a series of questions about your lifestyle and health history. Using your answers, the test measures how fast you are aging.

When you’re finished, you’ll get your “real age”—a number corresponding to the age of your body in terms of your overall health. From there, you’ll learn how your lifestyle choices help you stay younger—or age faster—than your calendar age. You can also find out how to improve your RealAge.

Visit azblue.sharecare.com to get started.



An Independent Licensee of the Blue Cross Blue Shield Association



INSTRUCTIONS



Register at azblue.sharecare.com* (if you haven't already)

- You will need to enter your member ID (or wellness ID, if applicable).
- You do not need to include the letters in front of your member ID; only enter the digits.
- After you sign up, download the Sharecare app.*



Complete your biometric screening

- Biometrics are fasting or non-fasting measurements that may include total cholesterol, HDL, LDL, triglycerides, blood glucose, blood pressure, height, weight and waist measurement.
- Biometrics are not required to complete the RealAge test but your results will be more accurate with them.
- Screening methods may include work site screenings, seeing your doctor, or going to a participating lab. Check with your employer for your options.



Take the RealAge test

- Once you finish, you'll get your RealAge results and personalized report with recommendations and tips for a healthier you.
- Completion of the RealAge test unlocks the RealAge Program, a behavior change program that targets four major lifestyle risks---stress, sleep, nutrition, and activity.

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* Before you download the mobile app, you'll need to register at azblue.sharecare.com using a web browser on your computer or mobile device. Registering first is the only way to get the added benefits from your employer.