

SOUTHWEST HUMAN DEVELOPMENT WELLNESS WARRIORS



Know Your Numbers, Be Well, Earn Rewards

Put your health first and learn how to live younger longer with Sharecare®. Your Sharecare experience starts with taking the RealAge® test, a comparison of your calendar age to the true age of your body. Then, take advantage of the other included program offerings and personalized tips to make choices that will help lower your RealAge. Remember, your participation in any wellness activity is voluntary.

To qualify for a reward you must complete Steps 1 and 2.

STEP 1 – RealAge Test

STEP 2 – Earn a total of 300 points. [Get started today!](#)

Program Activity	Value	Annual Max	Award Process
STEP 1 – RealAge Test	50	50	Automatic
STEP 2 – Achieve 300 total points			
Biometric Screening	50	50	Automatic and/or Attestation
Challenges		200	
Hydrate for your Health - September 2022	50		Automatic
Daily Kindness - November 2022	50		Automatic
Step it Up - February 2023	50		Automatic
Eat for the Health of It! - May 2023	50		Automatic
Preventive Care Category		150	
Preventive Care Exam AND/OR Preventive Care Attestation (Dental/Vision/Skin Cancer/Other AND/OR Flu Vaccination)	75		
RealAge Programs	50	100	Automatic
Lifestyle Coaching	200	200	Automatic
Employer Activity Attestation	50	100	Self-entered
STEP 2 Program Goal:	300 points		

All points must be earned between 9/1/22 - 8/31/23 to qualify for incentive. Earn up to 300 points that can be redeemed for up to \$300 in prizes on the Marketplace.

GETTING STARTED: Go to azblue.sharecare.com to register. You'll need your insurance ID or Health & Wellness ID. Once registered, you can download the Sharecare app to have easy access to everything at your fingertips!

BIOMETRIC SCREENING: You may have multiple options to have your biometric data uploaded. Check with your employer for your options.