

Register for Sharecare.

Visit mycare.sharecare.com to register your account. Once you're in, use Sharecare's unique features to help reach your health and wellness goals.

NEW! COVID-19 Content
and Resources Hub

Check out daily content featuring a wealth of information, including:

- Articles, video and infographics detailing the latest news, and tips and tools to keep you informed about symptoms, treatment and ways to prevent spreading the virus.
- Relaxation and mindfulness content to promote mental well-being and help you gain a greater sense of calm during this uncertain time.
- Health and wellness tips including ways to more effectively work from home, healthy eating while at home and more.

Check the notification center for a message and link to access this resource.

RealAge®

Join over 45 million people who have taken the RealAge Test and see if your body is older — or younger — than you think. Then, get tips from your RealAge program to roll back your age.

Green Days

Track your health goals easily by "living in the green." Each time you reach a Green Day, you're one step closer to lowering your RealAge.

Health Profile

View all of your health info — from claims data to lab results — all in one place.

AskMD

Looking for health advice? Type in your symptoms and get answers.

Sharecare Windows

Focus on your mind, body, and spirit with videos and virtual reality. Take a look at the Inspirations feature for help reducing stress and improving relaxation.

Content – just for you

Check out articles, videos, and challenges that match your goals. To follow specific topics, visit the Health Topics area.





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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意:如果您说中文,可向您提供免费语言协助服务。请拨打您的身份证背面的号码(TTY:711)。 10/19 HC407752

