

Sharecare[®]

**YOUR BEST SELF
IS JUST A
CLICK AWAY.**



First, you'll take the RealAge Test and see if your body is older — or younger — than you think. Then you'll get tips on how to roll back your age.

After the test, you can access more features through Sharecare to help you hit your goals like:

- Digital coaching
- Fitness center discounts
- Second opinions from specialists

And so much more. Best of all, it's all included with your health insurance.

Go to
mycare.sharecare.com

to register (you'll need your Member ID card). Then don't forget to download the app.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

Sharecare is a registered trademark of Sharecare, Inc., an independent and separate company that provides a consumer care engagement platform for Highmark members. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. Sharecare does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

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）。

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