

# Wellness and Disease Management

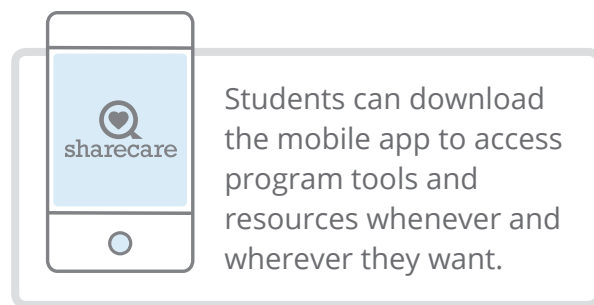
## Delivering a new, personalized experience

CareFirst BlueCross BlueShield (CareFirst) has partnered with Sharecare, Inc.\* to launch a new wellness program that fully supports your students' efforts toward health improvement. Integrating technology and real-time data, the program provides your students with greater awareness of their health status and tailored resources to help them improve it.

### Specialized programs

If your students are looking for extra support to meet a specific goal, the program's focused resources can help:

- **Tobacco cessation program:** Participants receive expert guidance and an online community to make quitting even more successful.
- **Financial well-being:** Individuals are empowered to take control of their finances by making small changes that add up to big results.



\*Sharecare, Inc. is an independent company that provides health improvement management services to CareFirst members.

Built into all our health plans with no additional administrative costs, the wellness program offers your population exclusive features including:



**RealAge® test:** This unique online health assessment shows the age of the body your students are living in versus their calendar age.



**Personalized content:** Based on their well-being goals, motivation and interests, each individual receives customized tips, insights and tools.



**Trackers:** The program enables syncing of wearable devices that monitor the daily habits influencing your students' health like stress, sleep, steps, nutrition, biometric values and more.



**Challenges:** A variety of challenge options are available that help support and motivate your students to achieve their health goals.



**Health Profile:** Provides students with easy access to the evolving story of their health including biometric information, lab results and medications, all in one place.

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.

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