

# Welcome to Sharecare, a new tool for a new, healthier you!



## Overview of wellbeing resources and incentives for those on the medical plan

Blue Cross of Idaho has partnered with Sharecare to help you live your happiest, healthiest and most productive life. You have access to wellbeing resources to help keep your mind and body strong at no cost to you.

### Take the first steps now

1. Visit [bcidaho.sharecare.com](https://bcidaho.sharecare.com) to register and create a user ID and password.
2. Take your RealAge® Test as guided through the Sharecare platform. (If you've already registered for Sharecare, simply log in and re-take the RealAge Test.)
3. Download the Sharecare app to your mobile device or tablet from the App Store or Google Play.
4. Pursue your best life and earn green days using tools and resources from Sharecare.



*Note: You must register for Sharecare at [bcidaho.sharecare.com](https://bcidaho.sharecare.com) before downloading the app in order to unlock the benefits available to members.*

## More about Sharecare's tools and resources

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a healthier life – whether you have a long way to go or you want to reach the next level.

### Take the RealAge Test.

The RealAge Test within Sharecare will reveal your body's true age based on your eating, exercise and sleep habits, behaviors and existing conditions.

### Leverage your health profile.

Sharecare creates a personalized experience and profile for you with actionable recommendations so you can start improving your RealAge immediately.

### Earn your green days.

Sharecare makes it easy to track your health and record your progress in one place – from your fitness and steps to your eating, stress, sleep and more. When eight of the 13 health factors are green on a given day, you earn a green day, which can help lower your RealAge.

**Have peace of mind with Sharecare and your privacy.** We take privacy and security very seriously. Sharecare will never share your personal data with your employer or anyone without your permission.

This wellness program is administered by Sharecare, Inc., an independent company that provides health improvement management services to Blue Cross of Idaho members. Sharecare, Inc., does not provide Blue Cross of Idaho products or services and is solely responsible for the health improvement management services it provides.