

Getting Started with Your Wellness Program

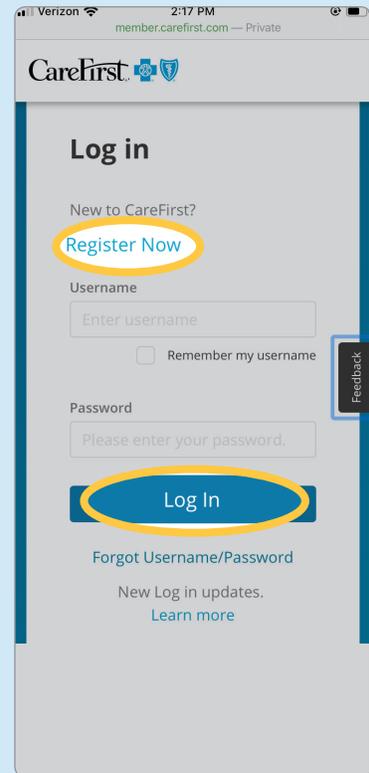
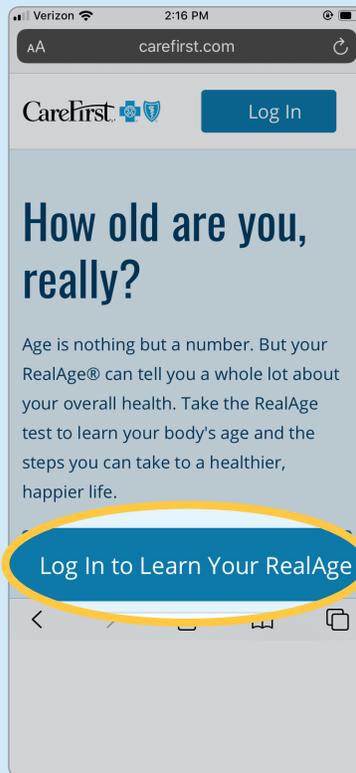
How to register

Visit carefirst.com/sharecare to get started. You'll need to log in to (or register for) your CareFirst BlueCross BlueShield (CareFirst) *My Account* and complete the one-time registration with Sharecare, Inc.* to experience the customized CareFirst program.

Once you log in to *My Account*, you'll be automatically re-directed to Sharecare. Select *Create My Sharecare Account* to complete the registration process and begin exploring your wellness program.

Your spouse or domestic partner can also access the wellness program resources. They will need to register separately for *My Account* and Sharecare using their own email address.

As part of your registration, you will need to provide authorizations to participate in the wellness and incentive program.



Once you register, you can access your wellness program resources from the web or download the Sharecare app from the App Store or Google Play.

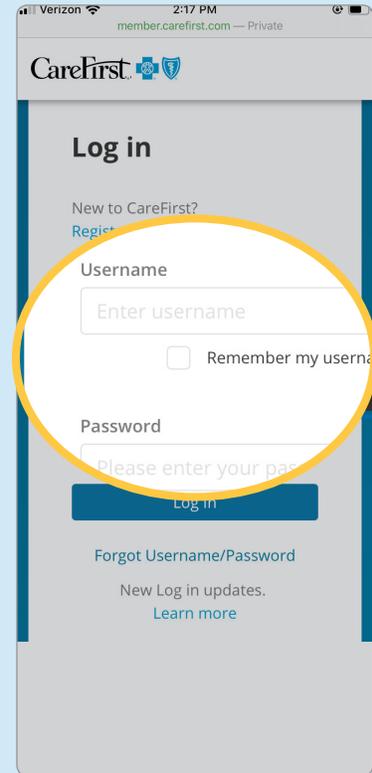


*Sharecare, Inc. is an independent company that provides health improvement management services to CareFirst members.

Note: The screenshots displayed in this document reflect the mobile app experience.

What if I already registered with Sharecare?

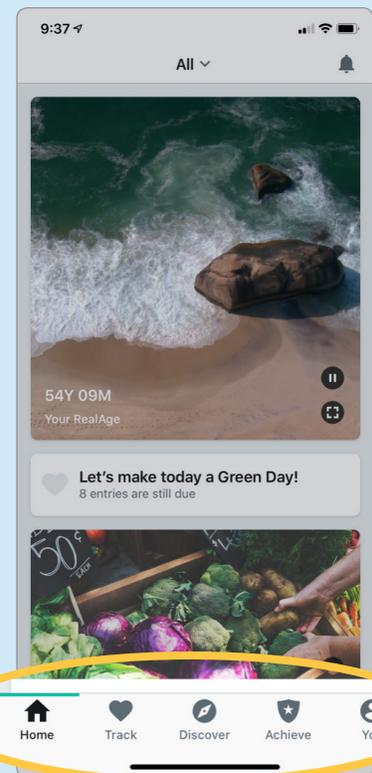
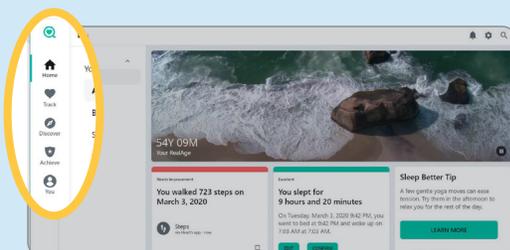
If you've already registered with Sharecare, but not through your current employer wellness program, visit carefirst.com/sharecare and sign in with your *My Account* username and password. Next, log in with your existing Sharecare username and password to convert your current account to a CareFirst account. If you run into any issues, call Sharecare support at 877-260-3253.



Navigating the wellness platform

Navigating your wellness account is easy. The icons in the navigation bar give you access to different features and tools in your account. For instance, the *Home* page displays your timeline where you receive recommendations, content and programs tailored to you, while the *Track* page allows you to monitor daily habits like sleep, steps, nutrition and more. If you would like to connect any of your wearable devices to the wellness program, you can do so via the Health App on iOS or Google Health on Android. For step-by-step instructions, please refer to our flier: *Your Wellness Program Trackers*.

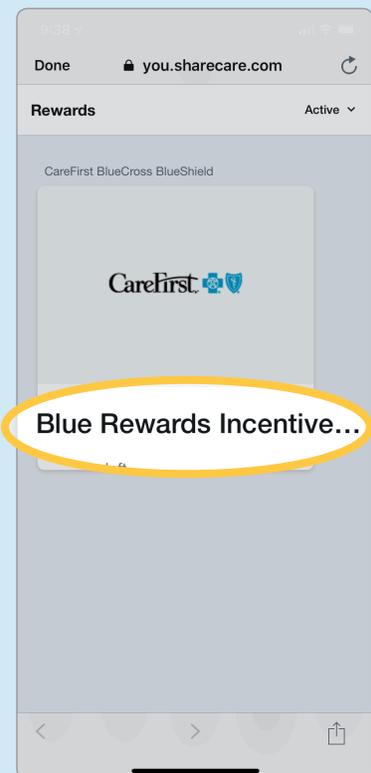
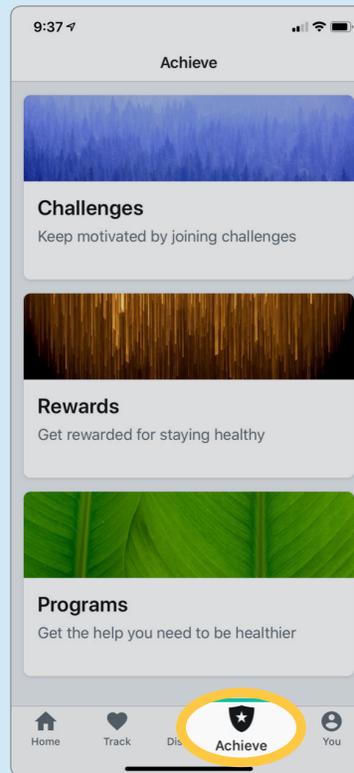
Note: If you are accessing the program through the web, the navigation bar will appear on the left.



Completing your Blue Rewards incentive activities

From the navigation bar, select *Achieve*. Next, select *Rewards*, then *Blue Rewards Incentive Program*. From here, you can view activities and click on the activity you'd like to begin:

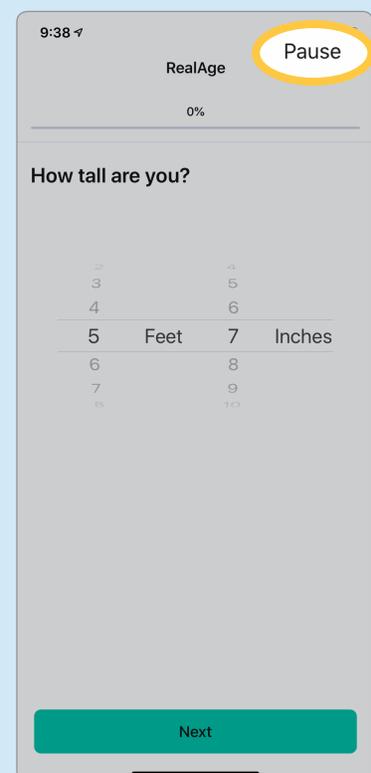
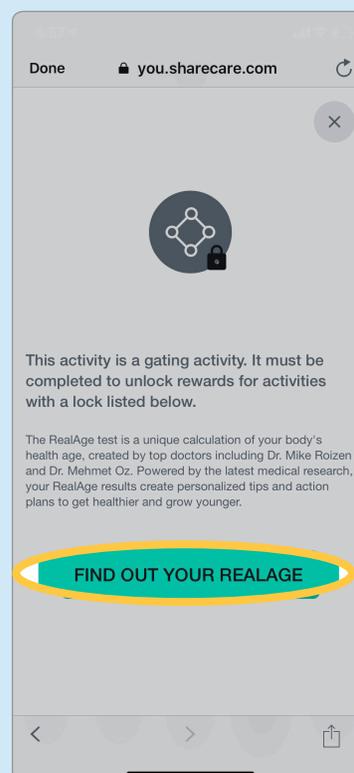
- Take the RealAge® health assessment
- Consent to wellness emails
- Select a primary care provider (PCP)
- Complete your health screening



Taking the RealAge test

From the navigation bar, select *Achieve*. Next, select *Rewards*, then *Blue Rewards Incentive Program*. Select *Take the RealAge Test*.

Don't worry if you need to stop mid-way through the test—you can pause the RealAge test at any point. All your answers are automatically saved so you can come back to complete the RealAge test later.



Retrieving the health screening form

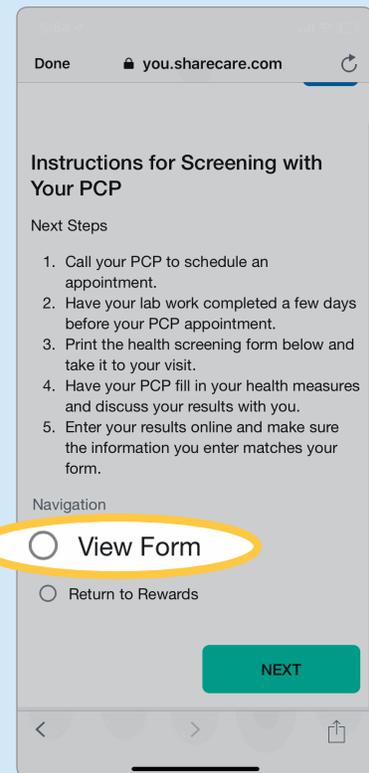
Ready to complete your health screening? Be sure to take a copy of the form with you.

From the navigation bar, select *Achieve*. Next, select *Rewards*, then *Blue Rewards Incentive Program*. Select *Complete a Health Screening* and *View Screening Options*. Select whether you plan to visit your PCP or a CVS MinuteClinic.

- If you plan to visit your PCP, you can select *View Form* at the bottom of the steps. From there, either print the health screening form from your phone or email it to yourself to print from your computer.
- If you plan to visit a CVS MinuteClinic, choose your location first. From that screen, schedule an appointment, then access the form and either print it from your phone or email it to yourself as above.

If you complete your screening at a CVS MinuteClinic in MD, DC or Northern VA, your results will be available in your Sharecare account within 48 hours.

If you complete your screening with your PCP or at a CVS MinuteClinic located outside of MD, DC or Northern VA, or an onsite screening through your employer (if applicable), you must log in to your Sharecare account and enter your screening results. To do this, navigate to *Achieve*. Next, select *Rewards*, then *Blue Rewards Incentive Program*. Select *Complete a Health Screening* and *Enter Your Results*.

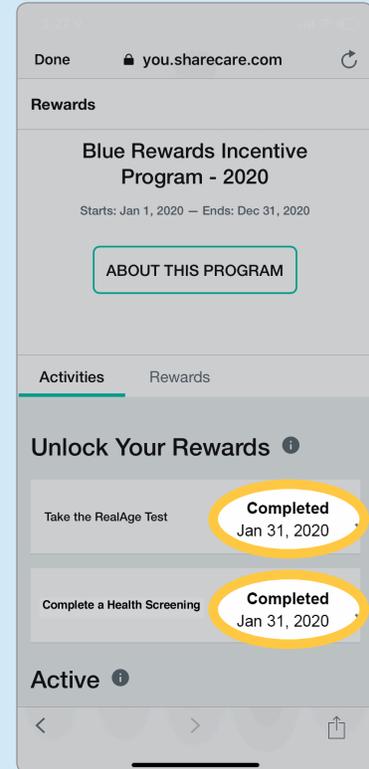


The screenshot shows a mobile app interface for 'you.sharecare.com'. The page title is 'Instructions for Screening with Your PCP'. Under 'Next Steps', there are five numbered instructions: 1. Call your PCP to schedule an appointment. 2. Have your lab work completed a few days before your PCP appointment. 3. Print the health screening form below and take it to your visit. 4. Have your PCP fill in your health measures and discuss your results with you. 5. Enter your results online and make sure the information you enter matches your form. Below the instructions is a 'Navigation' section with two radio button options: 'View Form' (which is selected and highlighted with a yellow circle) and 'Return to Rewards'. At the bottom right, there is a green 'NEXT' button. The bottom of the screen shows standard mobile navigation icons.

How to view your current rewards

Once you have completed the incentivized activities, those activities will display as *Completed* and you are now eligible for your reward.

Feel free to return to the *Blue Rewards Incentive Program* page to make sure your health incentive activities now show as *Completed*.

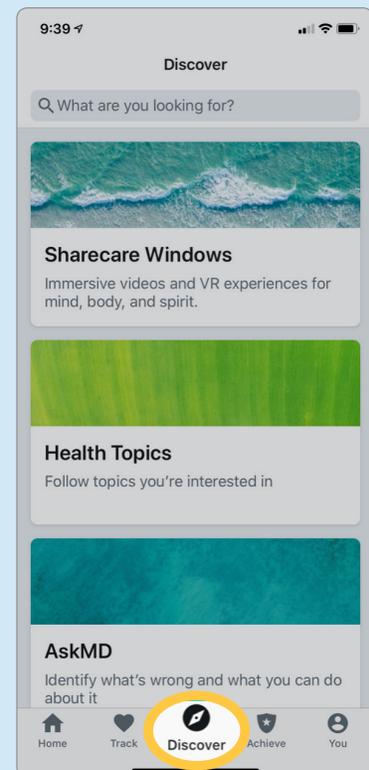
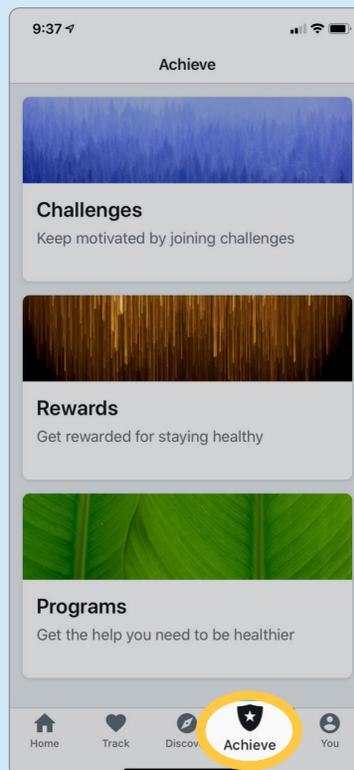


Accessing additional resources

Click on *Achieve* in the navigation bar. Here, you'll see what challenges you can participate in, as well as specialized programs that are available to you like weight management, tobacco cessation and financial well-being.

Want to see more?

Click on *Discover* from the navigation bar to search and follow specific health topics, or check out other features of your wellness program.



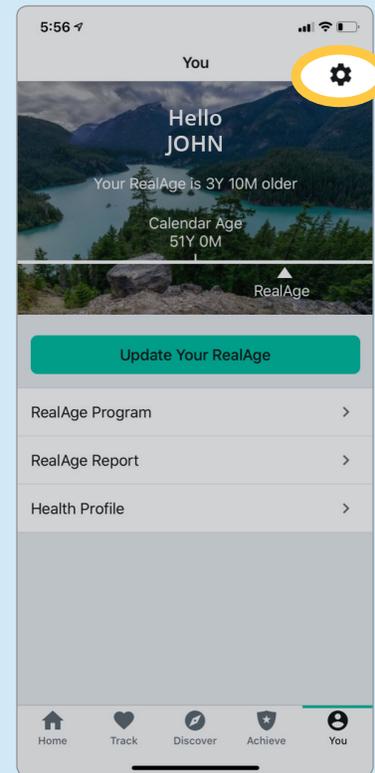
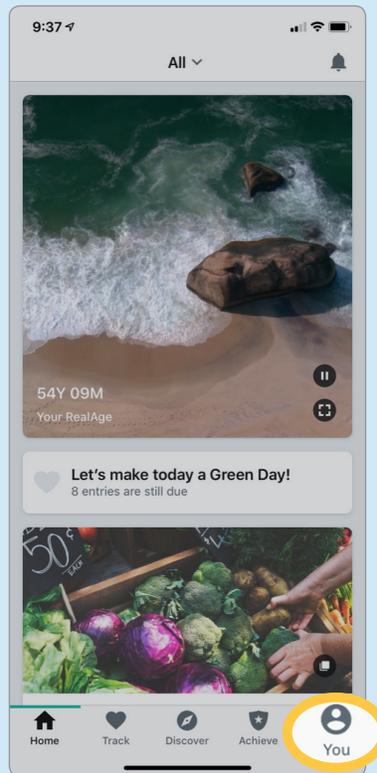
Exploring the platform

To get the full experience of your wellness program, be sure to explore the various features.

For instance, click *You* in the navigation bar to get additional tips and recommendations from the RealAge Program or to view your RealAge Report.

You can also access FAQs in your *Settings* by clicking on the gear icon in the upper right corner, then choosing *Support* to search available topics.

Want to receive emails tailored to your health needs and interests? While you are in *Settings*, select *Email Subscriptions* to choose your communication preferences.



If you have any questions, call
Sharecare support at 877-260-3253.

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.

CVS MinuteClinic is an independent company that provides medical services to CareFirst members. CVS MinuteClinic does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the medical services it provides.

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