



# START HERE

## FOR A HEALTHIER 'YOU'

**Introducing Sharecare** - a new **voluntary** online health and wellness assistant that gives you extra support toward reaching your wellness goals. Sharecare offers game-changing tools and resources that can help inspire a healthier "you." Receive personalized guidance on eating right, exercising, getting key health screenings, and more.

**Any information you choose to provide to Sharecare is not shared with Penn State Health. Highmark will simply inform Penn State Health of your participation in the program so that you may earn incentives through Paws Up!**

### GETTING STARTED IS EASY:

#### VISIT

**mycare.sharecare.com** and set up your online profile.  
See the back of this flyer for step-by-step instructions.

#### DOWNLOAD the Sharecare app.

Get it on Google Play or in the App Store.

#### TAKE

**the RealAge® test to assess your health.**  
See step-by-step instructions on back.

#### TRACK

**your health habits.**

Get personalized guidance for a healthier lifestyle.

#### EARN

**wellness rewards.**

For completing healthy activities, you will receive an incentive from Penn State Health.



## Five easy steps to create your Sharecare profile:

1. Visit **mycare.sharecare.com** on your computer or mobile device.
2. Click on **Create an Account** near the bottom of the page.
3. Enter your information exactly as it appears on your **Highmark member ID card**.

**Employees who are not enrolled in Penn State Health medical insurance**, call Highmark Blue Shield at 800-914-4808.

- Tell customer service that you are interested in participating in the Sharecare wellness initiatives.
- You will be required to provide your Social Security Number when you speak to customer service.
- Once you receive your Unique Member ID, you will be able to follow the steps above to create an account.

4. Agree to the terms of use and authorization.
5. Click on **Create an Account**.

## Take the RealAge test:

Learn the real age of your body based on your health habits, current health conditions, and family medical history.

### Here's how:

1. Sign in to Sharecare from your computer or mobile device and click on the **Sign In** button.
  - Computer users: visit [mycare.sharecare.com](http://mycare.sharecare.com).
  - Mobile users: Tap the Sharecare app.
2. Visit the "**You**" section of the website or app.
3. Take the **RealAge test**.

#### **Computer users:**

Click the Start Test button.

#### **Mobile users:**

Tap the **Determine your RealAge** button. After answering each question, tap **Next**.

After you take the RealAge test, Sharecare will start sending you articles and activities related to your personal health.

Each time you log in to Sharecare, you can view your RealAge by selecting the Home button (web) or Home icon (app).