

SHARECARE ONSITE SUPPORT

Worksite wellness: Let us do the work.



Be Well SHBP

BeWellSHBP.com

888-616-6411

To schedule any of our onsite support offerings contact:

Wanda Carter
Sharecare Wellness Director
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Go to BeWellSHBP.com and click on the Resources page. You can also locate your regional Sharecare Health Promotion Specialist.

When you need a presentation about *Be Well SHBP*, you can count on your Sharecare Health Promotion Specialist to deliver. But that's not their only area of expertise. They also provide other presentations and interactive events that can help initiatives you may already have underway. Your Sharecare Health Promotion Specialist can help you get your employees not only thinking about wellness, but get them more actively involved in well-being activities. Here are a few of their most popular onsite support offerings:

- **Program overview.** Help your employees discover all that *Be Well SHBP* can offer, starting with how to earn their well-being incentive credits. They'll learn about vital resources that can help them tackle weight loss, quit tobacco, decrease stress, increase physical activity, make healthy eating choices and more.
- **Walking maps.** For sites without a gym or a track, a Sharecare Health Promotion Specialist can design walking routes around your workplace – inside, outside or both. They can place markers and create maps so employees will know the distance they travel on each route.
- **Cooking demonstrations.** Your Sharecare Health Promotion Specialist offers a variety of cooking and food-prep demonstrations based on your preferences and the appliances that are available at your location.
- **Wellness presentations.** Schedule a presentation (online or onsite) focused on a variety of wellness topics (see back for more details).
- **RealAge® Day.** Help your employees get started working toward earning their 480 well-being incentive credits with this onsite event. Sharecare Health Promotion Specialists make completing the RealAge a breeze, and no IT support is needed on your end. They can bring tablets if your employees don't have access to computers or smartphones, provide instructions, answer questions and offer support.

PROMOTIONAL SUPPORT INCLUDED

No need to worry about creating promotional materials to let your employees know about your onsite event. Your Sharecare Health Promotion Specialist will provide a ready-to-edit PDF poster. Just fill in the date, time and location of your event, and print it to get the word out to your organization.

Request a Monthly Wellness Presentation

The following are just a few of the most popular presentation topics. To learn more and request a presentation, call the Sharecare Wellness Director, Wanda Carter at 615.485.4196 or visit BeWellSHBP.com and click Resources.

BECOME A WELL-BEING AMBASSADOR

(Or nominate someone for the job).

Make it even easier to take the work out of worksite wellness by nominating a team member to become a Well-Being Ambassador. They'll connect with your Sharecare Health Promotion Specialist to coordinate presentations and other events to help make well-being activities more meaningful and more fun for your employees.

Apply to become an ambassador on the Resources page at BeWellSHBP.com.



WELL-BEING PROGRAM OVERVIEW

This presentation provides details on all features that make up the *Be Well SHBP* well-being program. You will learn the tools and resources available to your family to help improve well-being and how to earn rewards through program participation. It includes a detailed breakdown of how these rewards help you offset your medical expenses for your particular Health Plan account.



TAKE AWAY THE STRESS AND LET YOUR MIND BE AT REST

Life can be demanding and stressful and it's important for you to recognize those stressors in your life. Learn how to lower your stress level by identifying stressors, engaging in stress-reducing exercises and learning about time-management strategies. Managing your stress can lead to a healthier lifestyle and may help improve your quality of life.



HEALTHY HEART, HEALTHY LIFE

Take control of your health. Your actions can help you manage cardiovascular disease so it doesn't interfere with your active life. This presentation offers strategies to prevent heart disease and raises awareness about heart disease. We will discuss how maintaining a healthy weight, eating right, and controlling stress can have a positive effect on your heart.



PLANNING SAFE WORKOUTS FOR THOSE HOT SUMMER MONTHS

Exercising in the summer with high humidity and rising temperatures can be dangerous. But you don't have to put your exercise routine on the back burner just because it's too hot to exercise. In this presentation you will get easy-to-understand descriptions of the most common heat-related illnesses and symptoms. You'll get tips on how to stay active, hydrated and safe when it's too hot to work out.



HOLIDAY HEALTH: STAY ON TRACK, REDUCE STRESS AND TRY HEALTHY RECIPES

The giving nature of the holiday season can leave us spent emotionally, physically, mentally, and financially. It can be enjoyable but sometimes stressful for us all. Learn tips to keep those overwhelming moments to a minimum so you can truly enjoy time with your loved ones. Get healthy recipes and exercise tips to make sure you stay on track with your wellness goals. End the holiday season on a great note and recharge to be a healthier you in the next year.

This information is intended to provide a general overview of some important benefit information. While every effort has been made to make the information here as complete and accurate as possible, SHBP's benefit plans are fully detailed in separate legal documents and are governed by certain Georgia laws, regulations of the Department of Community Health, and resolutions of the Board of Community Health. In the event of any inconsistencies between these materials and the plan documents, laws, regulations, or resolutions, the terms of the plan documents and the governing laws, regulations, and resolutions will control as applicable. The Department of Community Health reserves the right to amend, modify or terminate its benefit plans or services at any time in its discretion.

Sharecare administers the Be Well SHBP well-being program for the State Health Benefit Plan. © 2018 Sharecare, Inc.