

2019 Benefits Overview



Be Well SHBP

BeWellSHBP.com

888-616-6411

Live healthier and younger in 2019

Anthem Blue Cross and Blue Shield (Anthem) and UnitedHealthcare (non-Medicare Advantage Plan Options) eligible members and covered spouses can earn 480 well-being incentive points and choose to redeem them for either:

- **NEW! A \$150 Visa Gift Card** (to use anywhere Visa is accepted) **OR**
- **480 well-being incentive credits** (to apply toward eligible medical or pharmacy expenses)

Getting started is easy. Here's how.

To earn 240 well-being incentive points

- 1 If you haven't already, register for an account at BeWellSHBP.com**
- 2 Take the RealAge® Test = 120 incentive points**
- 3 Complete a biometric screening = 120 incentive points**

Then try a combination of phone or online pathways to reach 240 incentive points

- 4 Complete calls with a well-being coach = 60 well-being incentive points** up to four times, for a maximum of 240 points
- 5 Participate in green day or 5K Steps Challenges = 120 incentive points** up to two times, for a maximum of 240 points
- 6 Redeem your points by visiting the Sharecare Redemption Center and choosing between your Visa Gift Card or 480 incentive credits*.**

**Members must have all 480 well-being incentive points earned in 2019 to redeem the \$150 Visa Gift Card. Incentive credits towards medical and pharmacy expenses can be redeemed in increments of 120 points. Note: You will not be able to select the Visa Gift Card option if you begin redeeming well-being incentive points toward your HRA/MIA/HIA credits.*

Have questions? Call 888-616-6411 (Monday – Friday 8 a.m. – 8 p.m. ET)
BeWellSHBP.com

Find out more about the steps you can take to earn 480 incentive points with the *Be Well SHBP* Program.

1 If you haven't already, register for an account at BeWellSHBP.com.

2 Find Out Your RealAge

This scientifically-based online assessment determines your body's true age and provides recommendations to improve your well-being.

(Well-being incentive points cannot be awarded until completion of the RealAge test. Biometrics taken before the RealAge test can only be applied to well-being incentive points upon RealAge test completion.)

3 Know Your Numbers

Get a biometric screening either at an SHBP-sponsored event or have your doctor fill out the 2019 Physician Screening Form. Members are responsible that the Physician Screening Form is complete and has been received by Sharecare before November 30, 2019.

Next: Earn up to 240 more well-being incentive points. Complete the phone coaching pathway, online pathway, or a combination of both.

4 Phone Coaching Pathway

Earn 60 well-being incentive points for one completed coaching call per month. You can earn 60 well-being incentive points up to four times, for a maximum of 240 well-being incentive points in 2019.

Note: You may complete as many coaching calls as you like in a month; however only a maximum of one call in a calendar month qualifies you for 60 well-being incentive points.

5 Online Pathway/Challenges

Earn 120 well-being incentive points up to 2 times, for a maximum of 240 well-being incentive points by completing two of the following challenges:

- Complete 60 of 90 Green Days Challenge (3 separate periods will be offered from 1/1/19-11/30/19)
- Complete 5K Steps Challenge (Monthly steps challenges will be offered from 1/1/19-11/30/19)

Note: Well-being incentive points are earned by tracking your activity. When eight green day indicators are collected in a 24-hour period, the member earns a green day. Well-being incentive points cannot be awarded until completion of the RealAge test. Biometrics, Telephonic Coaching and Online Pathways/Challenges taken before completion of the RealAge test can only be applied to well-being incentive points upon RealAge test completion.

Daily trackers apply to Sharecare's proprietary frictionless technology and engagement data to track key RealAge test health indicators—stress, activity, sleep, relationships, weight, blood pressure, blood glucose, cholesterol, smoking, drinking, medication, diet and fitness. The goal is to get as many of these indicators from a red/yellow status to "in the green" as possible on a daily basis. When eight green indicators are collected in a 24-hour period, the user earns a 'green day.'

6 Select between redeeming your 480 incentive points for 480 well-being incentive credits or redeeming them for a \$150 Visa Gift Card when you complete all of the activities.

Incentive points: Members can now save points and redeem when they choose. Points will now be redeemed through the Sharecare Redemption Center and will no longer automatically transfer into member's wellness accounts with Anthem or UnitedHealthcare. Wellness points can be redeemed in increments of 120 points. Points will be available in your HRA/MIA/HIA within 30 days from redemption.

Gift Card: Members can redeem points for the \$150 Visa Gift Card only if they've earned all 480 incentive points in 2019. If a member starts redeeming their points, they will not be eligible to receive a gift card. Rollover credits from 2018 cannot be used to redeem the 2019 gift card. Visa Gift Cards will be sent directly to the member and covered spouse redeeming their points within 2 weeks from redemption.

Rollover Credits: Regardless of what Plan Option you've selected, all unused well-being incentive credits earned in 2018 will automatically roll over on to your 2019 Plan Option (Health Maintenance Organization (HMO), Health Reimbursement Agreement (HRA) or High Deductible Health Plan (HDHP) and/or vendor (Anthem or UnitedHealthcare) that you chose during Open Enrollment (OE). SHBP will deposit your unused credits in the incentive account associated with your 2019 plan selection in April 2019.

Note: Incentives do not apply to Kaiser Permanente or Medicare Advantage Options. To earn points, complete your activities between January 1, 2019 and November 30, 2019.

Have questions?

Call Sharecare at 888-616-6411
(Monday – Friday 8 a.m. – 8 p.m. ET)

BeWellSHBP.com