



Well-being resources just for you

What is Sharecare?

Sharecare is the digital company Ballad Health has partnered with to administer the B-Well wellness program. This platform will help you as a Ballad Health team member manage all your health in one place, no matter where you are in your health journey.

Take the first steps now

1. Visit balladhealth.sharecare.com to register and create a user ID and password or log in to the Ballad Teams app.
2. Take your RealAge® Test as guided through the Sharecare platform. If you've already registered for Sharecare, simply log in and retake the RealAge test.
3. Download the Sharecare app to your mobile device or tablet from the App Store or Google Play.
4. Visit the Rewards page to see available challenges and how to earn rewards.
5. Live better, longer using tools and resources from Sharecare.

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 longer, 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. After taking the test, you'll have a better understanding of your well-being and how your lifestyle habits are impacting your longevity.

Leverage your health profile

Sharecare creates a personalized experience and profile for you with actionable recommendations. So you can start improving your RealAge immediately. You'll also be able to store and access your key health profile data.

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 and sleep habits, stress level and more. When 8 of the 13 health factors are green on a given day, you earn a green day, which can help lower your RealAge.

B-Well 2023 Incentive Activities

Well-being activities: Available July 1 to June 30, 2024. Earn up to 250 points in well-being rewards

Timeframe	Activity	Reward
Available all year B-Well All Year	<ul style="list-style-type: none"> • Complete (or update) your RealAge Test • Complete an Unwinding Anxiety Program - Feel less anxious each day with tools to help you control anxiety and stress • Annual Wellness Visit - Visit your doctor or Primary Care Physician and upload your completed form by June 15, 2024 • Attend a local B-Well wellness event at your facility • Check in with Yourself - Find your motivation and complete your daily check-in 	40 points 25 points 50 points 15 points 15 points
July 1 to September 30 B-Active & B-Well Fueled	<ul style="list-style-type: none"> • Summer Self Care Stress Less Challenge - View the three videos for tools on building resilience to help you during the challenge and beyond - July 1 to July 31 • Destination Steps Challenge - US Route 66 - August 1 to Sept. 30 • Eat the Rainbow Nutrition Challenge - Sept. 1 to Sept. 30 	15 points 15 points 15 points
October 1 to December 31 B-Mentally Well, B-Connected & B-Active	<ul style="list-style-type: none"> • Stay Mentally Sharp Sleep Challenge - Oct. 1 to Oct. 31 • Brain Boost Steps Challenge - Nov. 1 to Nov. 30 • Finding Gratitude - Dec. 1 to Dec. 31 	15 points 15 points 15 points
January 1 to March 31 B-Connected, B-Informed & B-Well Fueled	<ul style="list-style-type: none"> • New Year, New You Green Day Challenge - Jan. 1 to Jan. 31 • Healthier Heart Challenge - Feb. 1 to Feb. 29 • Contagious Kindness - Mar. 1 to Mar. 31 	15 points 15 points 15 points
April 1 to June 15 B-Well Fueled	<ul style="list-style-type: none"> • Eat More Green Nutrition Challenge - April 1 to April 30 • Spring Clean Your Routine Green Day Challenge - May 1 to May 30 • Ready Set Summer Steps Challenge - May 1 to June 15 	15 points 15 points 15 points

Note: You must register for Sharecare at balladhealth.sharecare.com before downloading the app to unlock the benefits available to Ballad Health team members and receive credit for your incentive activities.

Have peace of mind with Sharecare and your privacy.

We take privacy and security very seriously. Sharecare will never share your personal data with Ballad Health or anyone without your permission.

Questions?

Contact Sharecare at support.you.sharecare.com or call 855-425-9705.



Sharecare, Inc. administers the **B-Well wellness program** for Ballad Health. © 2023 - 2024 Sharecare, Inc. Before you download Sharecare, you must register from a web browser on your computer or mobile device at balladhealth.sharecare.com. Then, create your user ID and password to use when you sign in to Sharecare.