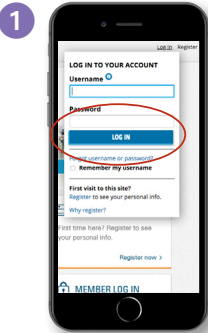


TAKE YOUR FIRST STEP TO A YOUNGER YOU

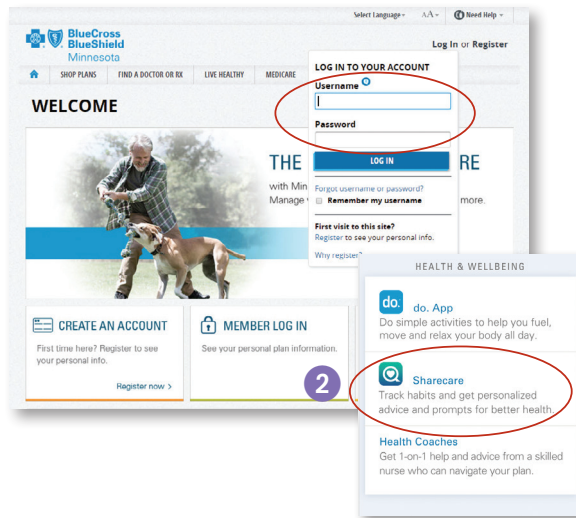


Register for Sharecare today

ON YOUR PHONE



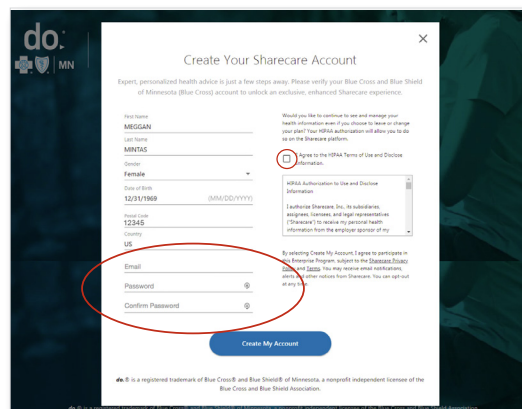
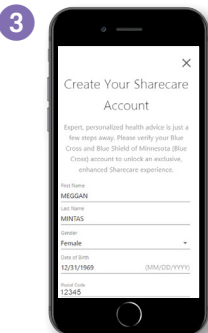
ON YOUR DESKTOP



Set up your Sharecare account to get started on the path to better health.

LET'S GET STARTED

- 1 Visit bluecrossmnonline.com to log in or register
- 2 Click on Sharecare
- 3 Complete the registration page and click on Create My Account



CURRENT SHARECARE USERS:

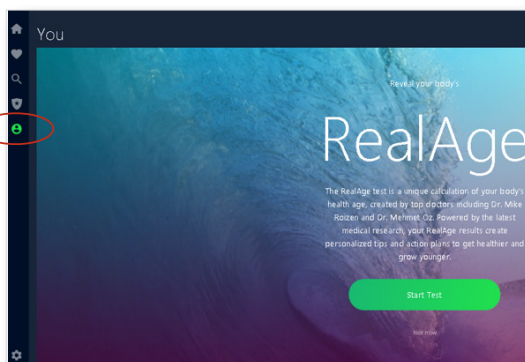
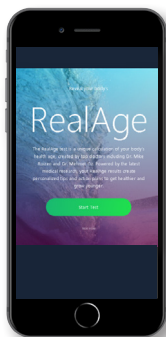
- Go to bluecrossmn.sharecare.com
- Click on "Already a Sharecare User?"
- Sign in with your Sharecare login and password
- Complete the form to connect your account



ON YOUR PHONE

ON YOUR DESKTOP

4



4 Take your RealAge® assessment

You'll need about 20 minutes to find out just how old your body thinks it is. If you have taken the RealAge previously, you need to complete it again after linking your accounts.

- Click on the "you" icon
- Complete all the questions

You can also download the Sharecare app and complete your RealAge on your mobile device.

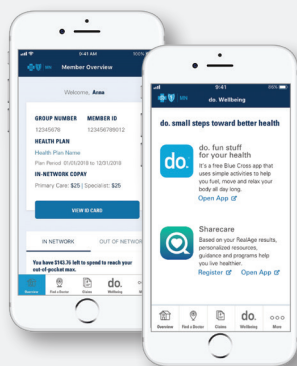
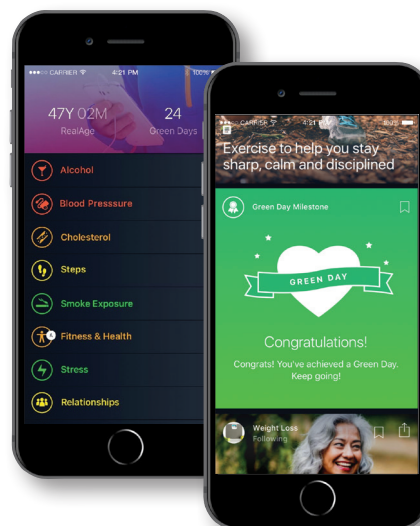
Now you can start lowering your RealAge

Track your activities and earn Green Days to lower your RealAge.

- If you have downloaded the app on your smartphone, set permissions to allow health tracking. Or, you can sync a fitness tracker to automatically track certain activities like steps or sleep. OR
- Manually log your activity each day (you cannot track for days that have passed)

Questions?

Call the number on the back of your member ID card.



Access important health plan information wherever and whenever you want with the **BlueCrossMN Mobile app**. Download it today to see claim status, your member ID card, find a doctor in your network and more, including other health resources like Sharecare.



RealAge® is a registered mark of Sharecare, an independent company providing a health and wellness engagement platform. Offerings subject to change.

do.® is a registered trademark of Blue Cross® and Blue Shield® of Minnesota.