



# Ready For a Healthier You?

Complete healthy activities through your CareFirst WellBeing<sup>SM</sup> program.

To learn more about the program, visit [carefirst.com/wellbeing](https://carefirst.com/wellbeing).

# Take Charge of Your Health



**Start by finding out the physical age of your body by taking the RealAge® test.**

Reach your wellness goals with:

- **Health coaching**—provided by registered nurses and trained professionals.
- **Weight management**—reach a healthy weight through gradual lifestyle changes that become lifelong habits.
- **Tobacco cessation**—access expert guidance, support and online tools.
- **Financial well-being**—learn the small steps that add up to big financial improvements.

**Log in, or create your account, at [carefirst.com/wellbeing](https://carefirst.com/wellbeing) or call 877-260-3253.**

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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