Osharecare Program Tips

1. Members must use the below link when registering for Sharecare the first time:

https://bluecrossmn.sharecare.com

IF a member uses any other link such as <u>www.sharecare.com</u> OR if they register for the first time using the Sharecare App, they will not be connected with their BCBS Insurance resulting in no Fitness Incentive rewards. If this has happened, sign out of the Sharecare program and sign in again using the <u>https://bluecrossmn.sharecare.com</u> link and choose "Already a Sharecare User" Sign In.

After the initial registration and set-up with the program, a member can sign in to the program through an App on their smartphone or by going to Sharecare.com.

- 2. The RealAge Assessment must be completed during initial registration and updated yearly. Best practice is to update your RealAge on your insurance renewal date.
- 3. Accept ALL challenges. Once the registration and program set up is complete, a member must accept the challenges. It is easiest if ALL challenges are accepted vs. month by month. If a member has been tracking their steps within the Sharecare program during a month but did accept a challenge, they can accept the challenge prior to the end of the month and steps should transfer to the challenge.
- 4. Two challenges must be met each month:
 - a. A TOTAL of 210,000 steps in a month
 - b. Engage with the program at least 21 days out of the month. Engaging includes:
 - i. Syncing your tracking device to the Sharecare App tracking steps automatically.
 - ii. Entering steps in manually you can retroactively add steps for seven (7) days.
 - iii. Reading an article or watching a video.
 - iv. Working on your Green Days.
- 5. Starting in January 2020 all members will have access to the Sharecare Marketplace. The Sharecare Marketplace offers 80+ e-gift options along with the option to purchase items in the Marketplace.
- 6. Although working on your Green Days is encouraged and focuses on your health and wellness it is not a required action step to earn the fitness incentive.
- 7. Technology isn't perfect. If you link your tracking device (i.e. Fitbit) to the Sharecare App, make sure to check that it is syncing often.
- 8. Questions? Contact BCBS Customer Service at 1-866-537-7702.



New and Existing users should see this home page when registering.

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		December Fitness Inc	ent	2019 MHC Fitness Incen	
		Steps Challenge 582 participants • In Progress	.enτ	2019 MHC Fitnes 240 Dollars • 248 days left	

Images above and below show current challenges and rewards along with the option to review upcoming and past events.

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		Jan Fitness Incentives - Step Goal Met	>
	2019 MHC Fitness Incentives Marketplace Program Starts: Sep 1, 2019 — Ends: Aug 31, 2020	February Fitness Incentive Complete 2 of 2 for 20 Dollars	Feb 1, 2020 >
	33%	Feb Fitness Incentives - 21/30 Days of Steps Tracked	>
	80 / 240 Dollars	Feb Fitness Incentives - Step Goal Met	>
		March Fitness Incentive Complete 2 of 2 for 20 Dollars	Mar 1, 2020 >