



BlueCross  
BlueShield  
Arizona

sharecare

# What's Your RealAge®?



## TAKE CONTROL OF YOUR HEALTH.

Blue Cross® Blue Shield® of Arizona has partnered with Sharecare, an award-winning digital health solution, to provide you simple tools to manage all your health and wellness needs in one place. You'll start by taking the RealAge health assessment to get a measure of the true age of your body in terms of health and vitality, versus your calendar age. The program then delivers personalized insights, challenges, daily tracking, and one-of-a-kind tools to help you reduce your RealAge and live healthier, no matter where you are in your health journey.

Learn what you need to be healthier with tips on how to eat better, exercise smarter, reduce stress, and more. The Sharecare app recommends simple things you can do every day, and reminds you to do them.

## Manage your health and reduce your RealAge:

- **Take the RealAge test:** The RealAge health assessment calculates your body's true age in terms of health and vitality.
- **Manage your health profile:** One convenient location with all your essential health information, including your prescriptions, medical conditions, and test results.
- **Get personalized recommendations:** Challenges, tips, articles, and videos based on your health needs as identified in your RealAge test results.
- **Stay supported and motivated:** Expert guidance and accountability when you need it, with achievable goals and rewards to help you lower your RealAge.
- **Feel Secure:** Sharecare keeps your account private and secure. You own your health data, and you decide who you want to share it with.

**Find out your RealAge today!**

[azblue.sharecare.com](http://azblue.sharecare.com)

## FEATURES



### RealAge® Test

How old are you—really? Sharecare's RealAge test is a scientifically based assessment that shows you the true age of the body you're living in based on your behaviors and existing conditions.



### Personalized Timeline

Scroll through your timeline for personalized and relevant tips, recommendations, topics, articles, and videos. The more you use your timeline, the more personalized it will become.



### Green Day Trackers

Track the core health factors that influence your health the most. With each key health factor rated on the five-point color scale from green to red, your goal is to be "in the green" for the majority of the trackers per calendar day to earn a "green day."



### Health Profile

Your Sharecare profile is a living, breathing, evolving story of your health. You can securely store and access all your biometrics and health data in your profile. Rest assured that your personal health information is not shared with your employer and is kept private.



### Find a Doctor *Coming Soon*

Looking for a doctor? Browse by specialty and find a doctor near you. Then add filters like language, experience, and hospital affiliation to find your match.



### AskMD®

AskMD is a personalized health consultation and comprehensive symptom checker. Your responses are matched against the latest clinical research so you can be better informed before you see your doctor.



### Challenges

Sharecare's challenges leverage green day trackers to make it fun and easy for you to stay on track to improve your health and lower your RealAge. Join us for some friendly competition to see how you stack up against other challenge participants.



### RealAge Program

Sharecare's RealAge program targets the four highest lifestyle risks—stress, sleep, nutrition and activity. Then, you'll choose which category you'd like to focus on and work toward one goal at a time, making behavior change achievable and improving your RealAge over time.

## RESULTS IN ACTION

*"Sharecare gave me the confidence to finally talk to my doctor about my concerns, and it re-energized my focus on my health!"*

*"I really appreciate this program. It has helped me put my life back on the right track."*

*Realizing that he needed to evaluate his sugar intake motivated John\* to act. Over the course of four months, John began making healthier choices each day—swapping fast food for home-cooked meats, grains, and vegetables; incorporating healthy snacks into his day; picking up walking, then jogging; and avoiding sugar. John is 35 pounds down and feeling great!*

\*A fictional name has been used to protect member privacy

It's time to meet the healthier YOU. To get started, visit [azblue.sharecare.com](https://azblue.sharecare.com).



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