

# Sharecare<sup>®</sup>

**YOUR BEST SELF  
IS JUST A  
CLICK AWAY.**





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# First, you'll take the RealAge Test and see if your body is older — or younger — than you think. Then you'll get tips on how to roll back your age.

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After the test, you can access more features through Sharecare to help you hit your goals like:

- Fitness center discounts

And so much more. Best of all, it's all included with your health insurance.

Go to  
**[mycare.sharecare.com](https://mycare.sharecare.com)**

to register (you'll need your Member ID card). Then don't forget to download the app.

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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