




sharecare

NAU:  
Navigating the  
wellness portal



## Register through the internet either on your phone or through a computer

- Go to <https://azblue.sharecare.com/>
- Click “Create an Account”.
- Enter your information as it’s shown on your insurance ID card.
- Enter insurance ID with numbers only – no alpha prefix.
- Click on next to consent to the privacy policy.
- After registering online, you can download the Sharecare app



**Learn to control your anxiety**

Blue Cross® Blue Shield® of Arizona helps you reach your personal best with access to wellness programs, support groups and more. With Sharecare's Anxiety program, you can manage your anxiety and break the cycle of worry and anxiety.

Unlock your FREE 3-month subscription to the Anxiety program, valued at \$90.\* Sign up by May 31 to take advantage of this offer.

[Create an Account](#)

\*Must sign up by May 31 to get three months free. 3-month offer available only to eligible BCBSAZ members who are new to the program.

EN X

### Create Your Sharecare Account

Take the RealAge Test now to get an accurate measure of your overall health, and personalized recommendations on how you can improve it.

Already have a Sharecare account? [Sign In](#)

#### Account Details

First Name  Last Name

Date of Birth  (MM/DD/YYYY)


ZIP Code

Gender

☐ Male ☐ Female

#### Verify your membership

Confirm your eligibility



Name	JOHN SAMPLENAME	GRP	122309000
ID#	ABC123456789		
Svc Type	XXX	Care Type	XXX
RxBin	XXXXXX	Office Copay	\$
RxPCN	XXX	ER Copay	\$

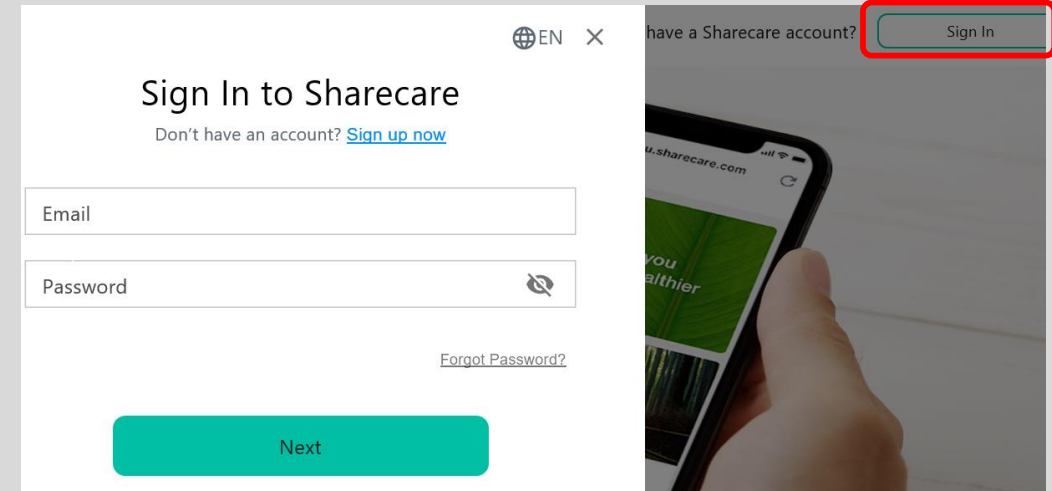
Confirm your eligibility by entering ONLY the NUMERICAL portion of the member ID on your ID card, or your assigned health and wellness ID. Health and wellness IDs are provided by your HR representative.

Member ID (Numeric values only)

[Next](#)

## Download the Sharecare app or access Sharecare through the website and Sign In

- At top right corner of Sharecare page, click Sign In.
- Enter the email you used when registering.
- Click Next.



The screenshot shows the Sharecare Sign In interface. On the right, a portion of the website is visible with a 'Sign In' button highlighted by a red rectangle. On the left, a white modal window titled 'Sign In to Sharecare' is displayed. It includes a link for users without an account, input fields for email and password, a 'Forgot Password?' link, and a teal 'Next' button.

EN X

Sign In to Sharecare

Don't have an account? [Sign up now](#)

Email

Password

[Forgot Password?](#)

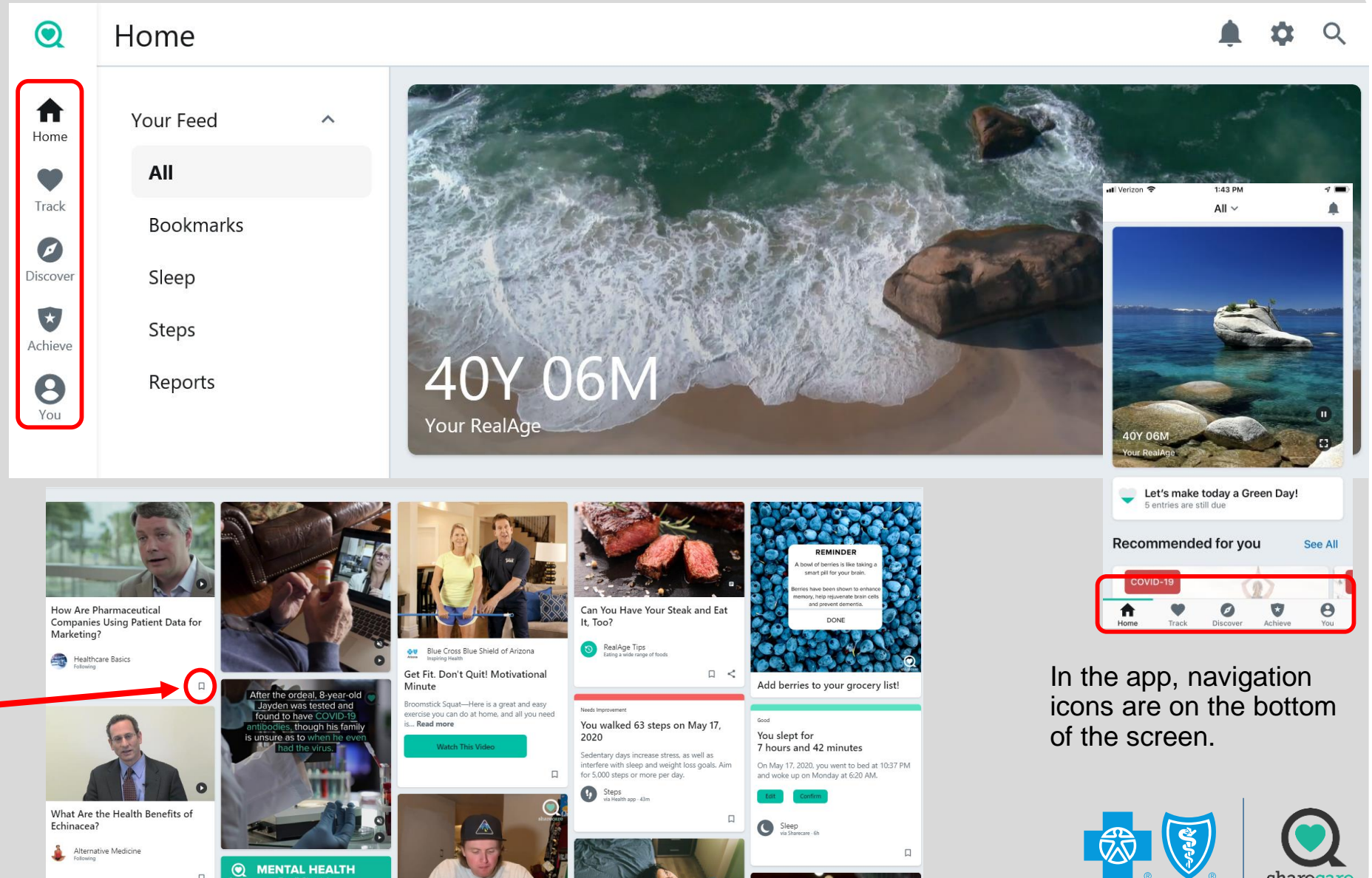
Next



## What's what

- **Navigate** to other places on the portal via the icons on the left.
- **Your Feed:** Choose to see ALL health content on the home page or filter for specific content.
- **Health content** is displayed at the bottom of the page and includes articles, videos, insights/data on your trackers or programs you are engaged in, BCBSAZ health content, etc.

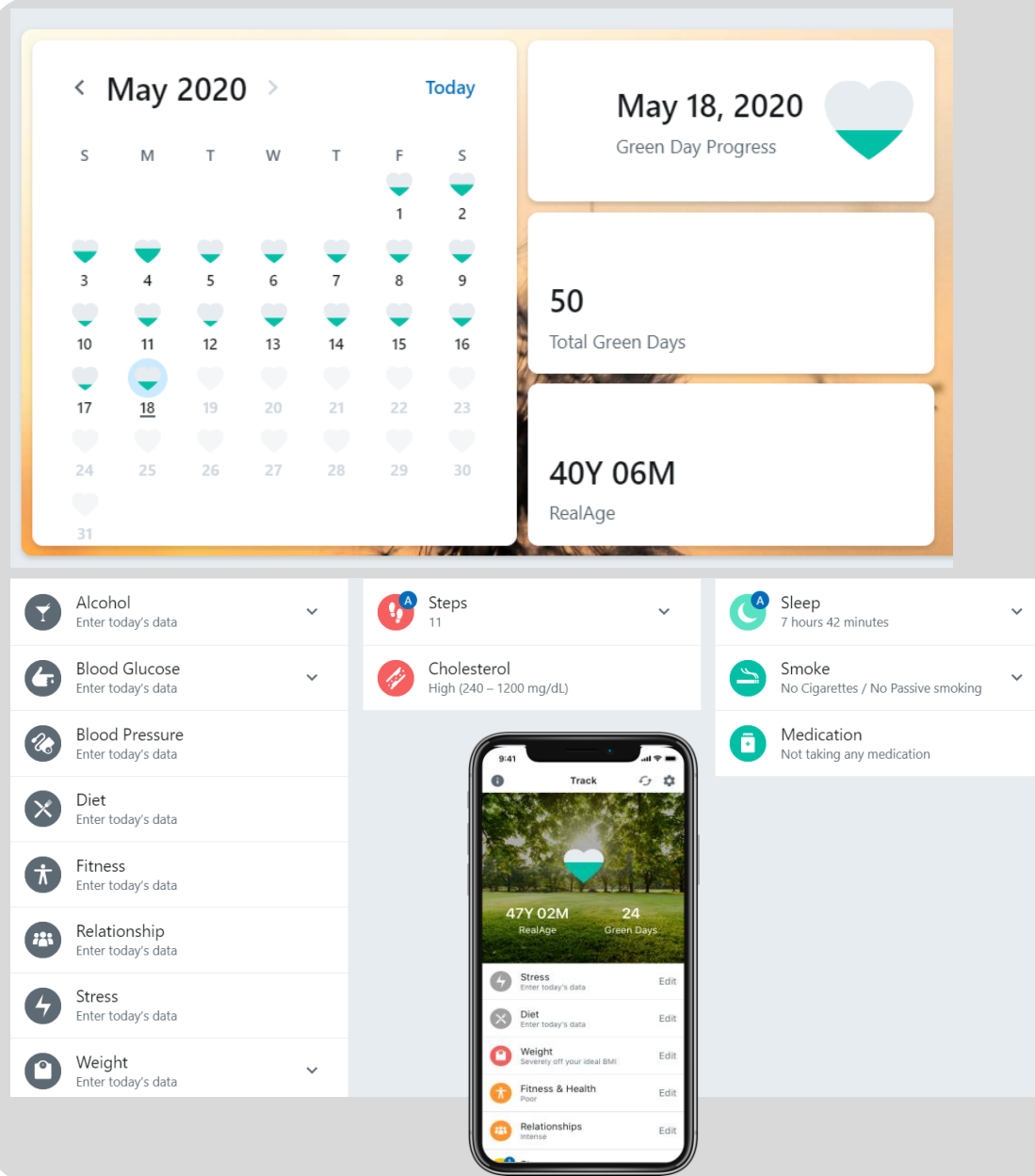
Click here to bookmark content you want easy access to.



The screenshot displays the Sharecare app's home interface. At the top, there's a navigation bar with icons for Home, Track, Discover, Achieve, and You. Below this, the 'Home' section is active, showing a large '40Y 06M Your RealAge' banner. To the left, a 'Your Feed' sidebar offers filters: All, Bookmarks, Sleep, Steps, and Reports. The main content area is a grid of health-related items, including articles like 'How Are Pharmaceutical Companies Using Patient Data for Marketing?' and 'What Are the Health Benefits of Echinacea?', as well as videos and motivational content. A red box highlights the 'Home' icon in the bottom navigation bar, which also includes icons for Track, Discover, Achieve, and You.

In the app, navigation icons are on the bottom of the screen.

# TRACK



- The Track page is where all your health trackers are located.
- Calendar shows all the days you had some trackers in the green. A FULL green heart means you achieved 8 out of 13 trackers in the green and got a “Green Day”.
- Total Green Days listed is accumulated over the whole program year and is not specific to a challenge.
- Your RealAge will be displayed if you’ve completed the RealAge test. This is because you can lower your RealAge by consistently tracking your health.
- Trackers at the bottom are color coded:
  - Gray = no data has been received or entered in awhile.
  - Red = you are at high risk for that tracker.
  - Yellow = you are at moderate risk.
  - Green = you are low risk for that tracker.
- Click any tracker to update the information.
  - Goal is to have 8 out of 13 trackers in the green to achieve a Green Day and improve your health.
  - Some trackers may automatically be in the green based on synced devices or from RealAge Test answers.
  - Trackers with the blue “A” symbol means “automatic” and those trackers are synced to an activity device such as a smart phone or FitBit. Please note: You may still need to open your Fitbit device or smart phone to force the data to sync/transfer to Sharecare.







## Inspirations

- Relaxing, soothing videos that range in duration for yoga, guided meditation, mindfulness, relaxation, stress/pain/anger/sleep relief, etc. Some content is geared towards kids as well.



9-Minute Yoga: 3 Simple Meditation Practices

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9 Hours of Pacific Ocean Waves for Sleep (Ultra Low Light)

Sharecare | Windows



5-Minute Morning Meditation

Sharecare | Windows

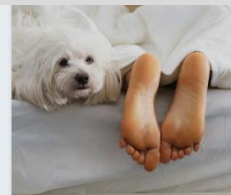
## Health Topics

- Health topics from A-Z that you can choose to follow.
- Followed content shows more predominantly on the Homepage.



Recipes for Healthy Cooking

Following



Restless Legs Syndrome

Follow



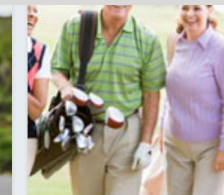
Rheumatoid Arthritis

Follow



Running

Follow



Senior Health

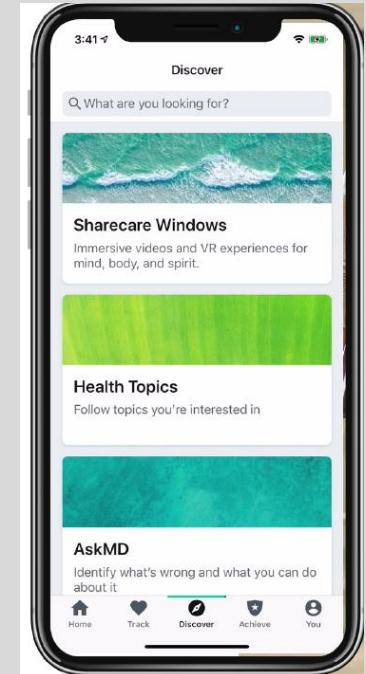
Follow

## AskMD

- Symptom checker to troubleshoot health issues or gather information.
- Manage existing conditions
- You can review previous consultations.

### Identify what's wrong and what you can do about it

Identify your symptoms	Manage an existing condition	Your previous consultations
<p>A</p> <p>Abdominal Pain and Discomfort</p> <p>Abdominal Pain and Discomfort in Children</p>	<p>A - B</p> <p>Acid Reflux Disease Management</p> <p>Asthma Management</p> <p>Birth Control Choices for Women</p>	<p>Constipation in Children Diagnosis May 11</p> <p>Coronavirus 2019 (COVID-19) Apr 14</p>





Access a variety of wellness programs (challenges, Lifestyle Coaching) and your personal Rewards page.

### Challenges

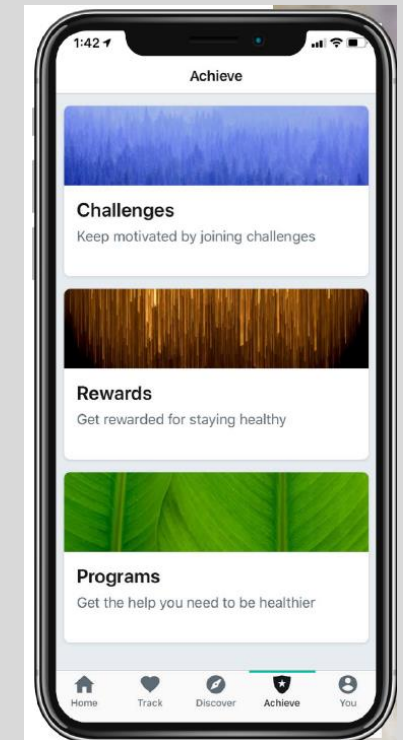
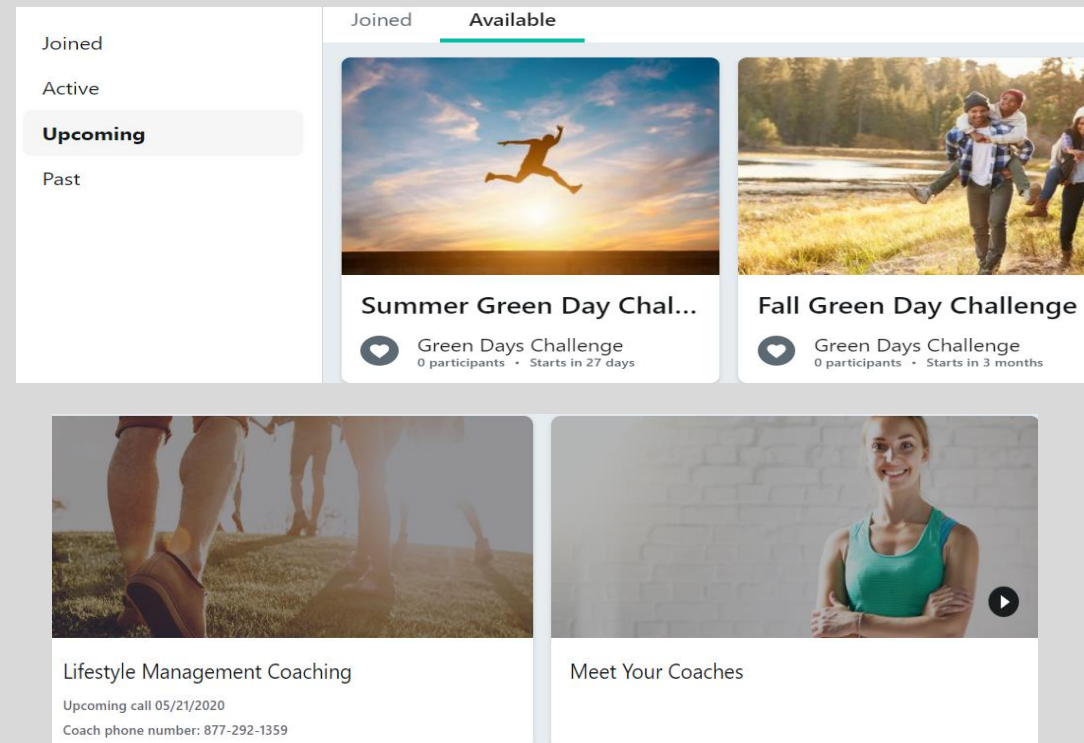
- Find upcoming, joined, active or past challenges.

### Coaching

- Sign up for Lifestyle (telephonic) coaching.
- See the date of your upcoming call.
- Watch a video to learn about the coaches and the program.

### Programs

- Where you access special programs such as the Pregnancy, Parenting, and Fertility programs, etc.





## Rewards

- This is your one-stop-shop for wellness activities related to your rewards program.
- **Available** shows the activities you can completed.
- **Completed** shows the items you completed and the date completed.



Employee  
Assistance and  
Wellness Office

HealthyU Wellness Program


Starts: Jan 1, 2021 — Ends: Dec 17, 2021

0%

0 / 300 Points

About This Program

Activities Rewards


Available 

**RealAge Test**  
50 Points  
317 days left


>

**Challenges**  
Earn up to 100 Points  
317 days left


>

**Whole Health**  
25 Points  
25 days left

>

**Step It Up**  
25 Points  
Apr 1, 2021

>

**Healthy Plate**  
25 Points  
Jul 1, 2021

>

**Keep Calm & Stress Less**

## Symbol Legend



- Activity is not completed yet.



- You completed the activity.





## Your RealAge

- See your RealAge Test results and tips.
- Join the RealAge Program or see your progress if you are already participating.

## Health Profile

- Track your allergies, biometrics, conditions, immunizations, medications and procedures.
- Info is populated via claims, RealAge test answers, trackers, biometric upload, etc.
- **Care Team** shows healthcare professionals you've seen in the past and lists their address, phone number for easy reference.
- **Biometrics** shows details for all entries.
  - Click on a biometric to see **History** of where the data came from (trackers, RealAge test, US Wellness/Healthwaves (biometric upload vendor))
  - Click **Trend** to see graph of your entries.
  - Click **Articles**, **Videos** or **Slideshows** for health info on the biometric measure.

### What's affecting your RealAge?

There are many steps you can take to start lowering your RealAge. We're here to help with tips you can use right now.

#### Making you older




[See All](#)


#### On track




[See All](#)












#### Making you younger

[See All](#)

-  Get your good cholesterol up.
-  Get more ZZZs.
-  Sit in the nonsmoking section.

-  Schedule regular screenings.

-  Watch your blood pressure.
-  Appreciate your mate.
-  Keep on top of stress.

Body Measurement			Blood Pressure		
	Height 5' 4" (64")	1/27/20		Systolic 125 mmHg	4/27/20
	Weight 134 lb	4/17/20		Diastolic 85 mmHg	4/27/20
	Body Mass Index (BMI) 23 kg/m2	10/4/19	Cholesterol		
	Waist Circumference 29" (2' 5")	1/2/20		Total Cholesterol 240 mg/dL	4/27/20
Glucose				HDL Cholesterol 58 mg/dL	4/17/20
	Fasting Glucose 95 mg/dL	10/4/19		LDL Cholesterol 100 mg/dL	10/4/19
				Triglycerides 56 mg/dL	10/4/19

## Total Cholesterol

### History

### Trend

### Info

### Articles

### Videos

### Slideshows

	240 mg/dL Green Day Tracker	4/27/20	⋮
	200 mg/dL Green Day Tracker	4/27/20	⋮
	148 mg/dL RealAge	4/17/20	⋮
	150 mg/dL RealAge	1/2/20	⋮
	166 mg/dL US Wellness	10/4/19	⋮
	166 mg/dL RealAge	5/24/19	⋮





 sharecare

  **BlueCross  
BlueShield**  
Arizona

An Independent Licensee of the Blue Cross Blue Shield Association