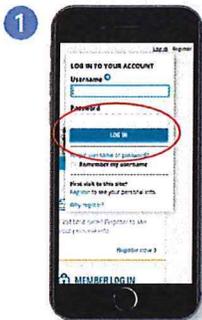


TAKE YOUR FIRST STEP TO A YOUNGER YOU

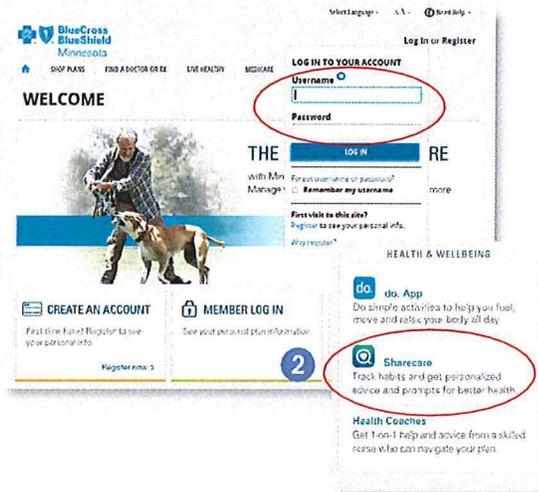


Register for Sharecare today

ON YOUR PHONE



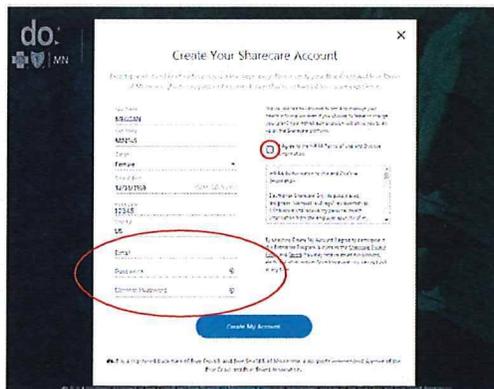
ON YOUR DESKTOP



Set up your Sharecare account to get started on the path to better health.

LET'S GET STARTED

- 1 Visit bluecrossmnonline.com to log in or register
- 2 Click on Sharecare
- 3 Complete the registration page and click on Create My Account



CURRENT SHARECARE USERS:

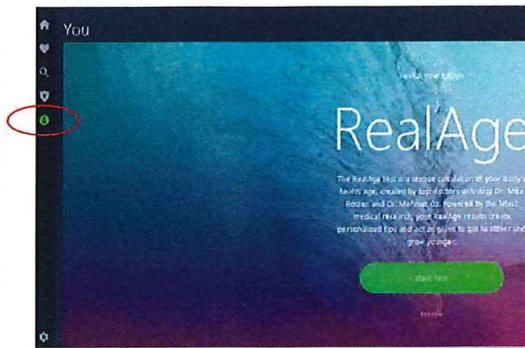
- Go to bluecrossmn.sharecare.com
- Click on "Already a Sharecare User?"
- Sign in with your Sharecare login and password
- Complete the form to connect your account



ON YOUR PHONE

ON YOUR DESKTOP

4



4 Take your RealAge® assessment

You'll need about 20 minutes to find out just how old your body thinks it is. If you have taken the RealAge previously, you need to complete it again after linking your accounts.

- Click on the "you" icon
- Complete all the questions

You can also download the Sharecare app and complete your RealAge on your mobile device.

Now you can start lowering your RealAge

Track your activities and earn Green Days to lower your RealAge.

- If you have downloaded the app on your smartphone, set permissions to allow health tracking. Or, you can sync a fitness tracker to automatically track certain activities like steps or sleep. OR
- Manually log your activity each day (you cannot track for days that have passed)

Questions?

Call the number on the back of your member ID card.



Access important health plan information wherever and whenever you want with the **BlueCrossMN Mobile app**. Download it today to see claim status, your member ID card, find a doctor in your network and more, including other health resources like Sharecare.



RealAge® is a registered mark of Sharecare, an independent company providing a health and wellness engagement platform. Offerings subject to change.

do.® is a registered trademark of Blue Cross® and Blue Shield® of Minnesota.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

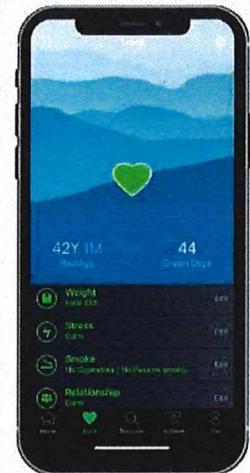
How to: Linking Trackers

Monitor your daily habits, earn a green day, and lower your RealAge®

How do the trackers get my information?

Sharecare utilizes several different types of trackers to measure progress towards earning green days: stress, relationship, blood pressure, weight, steps, smoke, sleep, glucose, fitness, diet, cholesterol, alcohol and medications. Tracking operates through a variety of input types based on member selection and the type of information being tracked.

- **Automatic tracking:** The following trackers are currently available for the syncing feature: glucose, sleep, steps, and blood pressure. These trackers can be automatically updated through the device sensors (either directly via the device or by allowing the Sharecare app to synchronize with the iPhone's Health app or Android's Google Fit app). This allows Sharecare to sync with health data already on the mobile device to seamlessly provide daily updates to certain trackers.
- **Manual tracking:** Allows for the ability to manually enter activity data. For example, the diet tracker is optimized by manually tracking the size and quality of meals and snacks. All trackers can be manually updated through the Sharecare app.
- **Customized:** Certain tracker categories are snapshots at any given point in time, and do not typically change on a daily basis, and therefore do not require daily input (e.g. cholesterol). These types of trackers are set to the appropriate cadence for data entry based on personal health status.

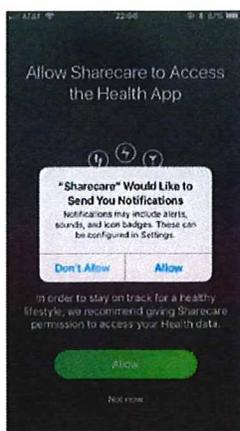


Instructions based on screenshots:

Syncing trackers with Apple Health:

1. A) Launch the Sharecare app and sign in. Upon login, users will be prompted to receive notifications and reminders from Sharecare; click "Allow." To make sure Sharecare can synchronize data from the Health app, please click "Allow Health Access." (see STAH Visual 1a-1 & 1a-2)

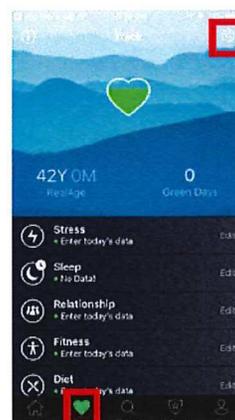
- B) If not prompted to answer this question or if you wish to connect or disconnect automatic tracking, click the heart icon in the bottom toolbar of the Sharecare app to access Trackers. From here, click the gear icon in the top righthand corner, then set automatic tracking preferences. (see STAH Visual 1b-1 & 1b-2)



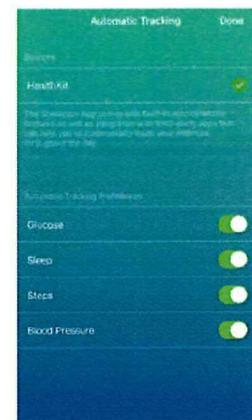
STAH Visual 1a-1



STAH Visual 1a-2



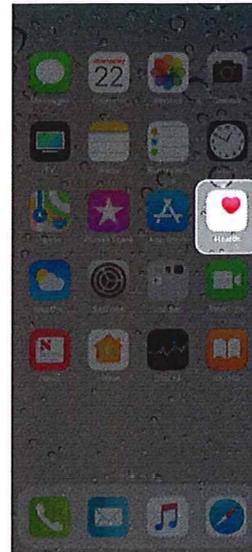
STAH Visual 1b-1



STAH Visual 1b-2

Syncing trackers with Apple Health:

2. Open the Apple Health App. (see STAH Visual 2)
3. Click "Sources" from the bottom tool bar, then click Sharecare listed under "APPS." (see STAH Visual 3)

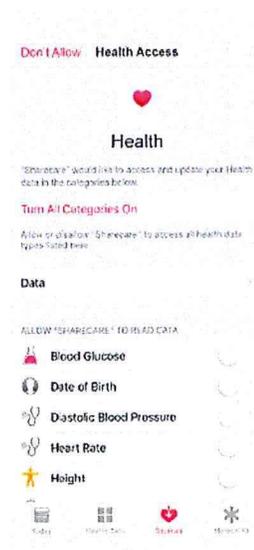


STAH Visual 2

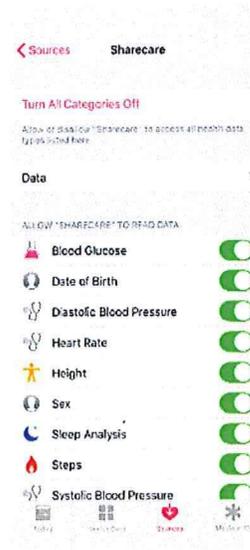


STAH Visual 3

4. Select which health categories you would allow Sharecare to read data on or select "Turn All Categories On." (see STAH Visual 4a & 4b)



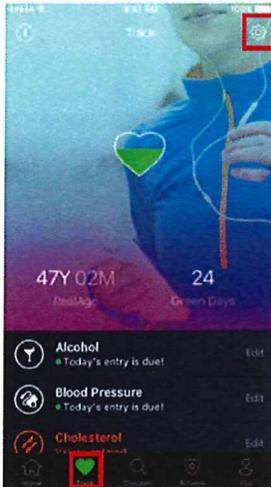
STAH Visual 4a



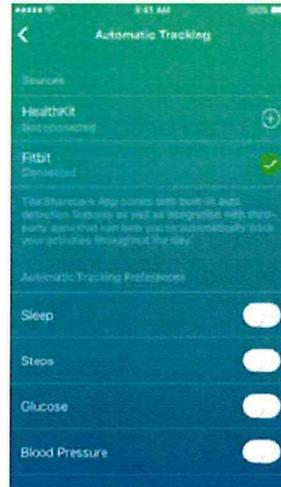
STAH Visual 4b

Syncing Trackers with Fitbit for iPhone Users:

1. To get started, click the heart icon in the navigation bar to access Sharecare Trackers. Then, click the gear icon in the top righthand corner. (see *STAH Visual 1*)
2. Under "sources" you should see Fitbit listed. Click the "+" next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials. (see *STAH Visual 2*)



STAH Visual 1

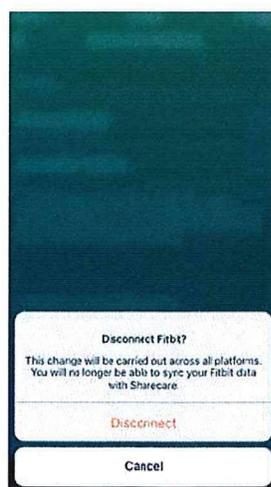


STAH Visual 2

3. Allow Sharecare the ability to access data in your Fitbit account. Don't forget to sync your Fitbit device with the Fitbit app every 5 to 7 days.
4. The settings page will now show Fitbit as connected. Once Fitbit is connected the user may decide to disconnect and no longer sync the Fitbit data with their Sharecare app. To disconnect, click the green checkmark next to Fitbit, then "disconnect." (see *STAH Visual 4a & 4b*)



STAH Visual 4a



STAH Visual 4b

Syncing Trackers with Android Google Fit:

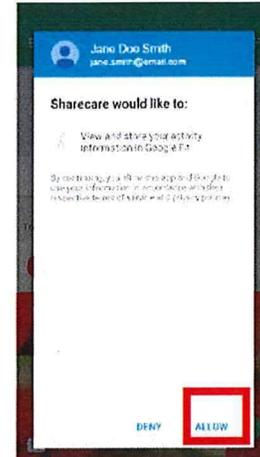
1. Launch the Sharecare app and sign in. Upon login, users will be prompted to "Choose account for Sharecare." Choose the email that is associated with your Google Fit account. (see *STGF Visual 1a & 1b*)
2. Click "Allow" to grant access for Sharecare to view and store activity information in Google Fit. (see *STGF Visual 2*)



STGF Visual 1a

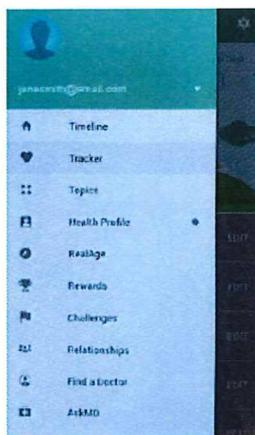


STGF Visual 1b



STGF Visual 2

3. In the Sharecare app, click on "Tracker" in the menu bar, then click the gear icon in the top righthand corner to open tracker settings. Here you can set data points to pull through to Sharecare. (see *STGF Visual 3a, 3b & 3c*)



STGF Visual 3a



STGF Visual 3b



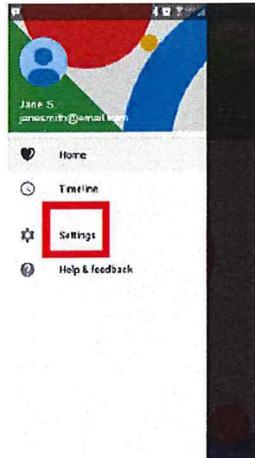
STGF Visual 3c

Syncing Trackers with Android Google Fit:

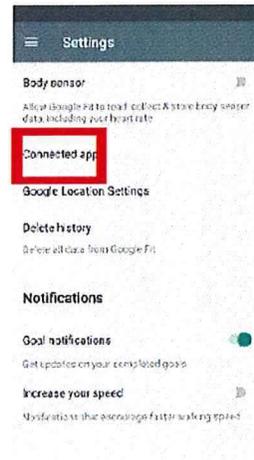
- To check that the connection was successful, open the Google Fit app | Click on "Settings" then scroll down and click "Connected apps" – you should see Sharecare listed. (see STGF Visual 4a, 4b, 4c & 4d)



STGF Visual 4a



STGF Visual 4b



STGF Visual 4c



STGF Visual 4d

Syncing Trackers with Fitbit for Android Users:

1. To get started, click the gear icon in the top righthand corner of tracker settings (see *STAH Visual 1*)



STAH Visual 1

2. Under “sources” you should see Fitbit listed. Click the “+” next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials. (see *STAH Visual 2*)



STAH Visual 2

3. Allow Sharecare the ability to access data in your Fitbit account. Don't forget to periodically sync your Fitbit device with the Fitbit app. (see *STAH Visual 3*)



STAH Visual 3

4. The settings page will now show Fitbit as connected. Once Fitbit is connected the user may decide to disconnect and no longer sync the Fitbit data with their Sharecare app. To disconnect, click the green checkmark next to Fitbit, then “disconnect.” (see *STAH Visual 4a & 4b*)



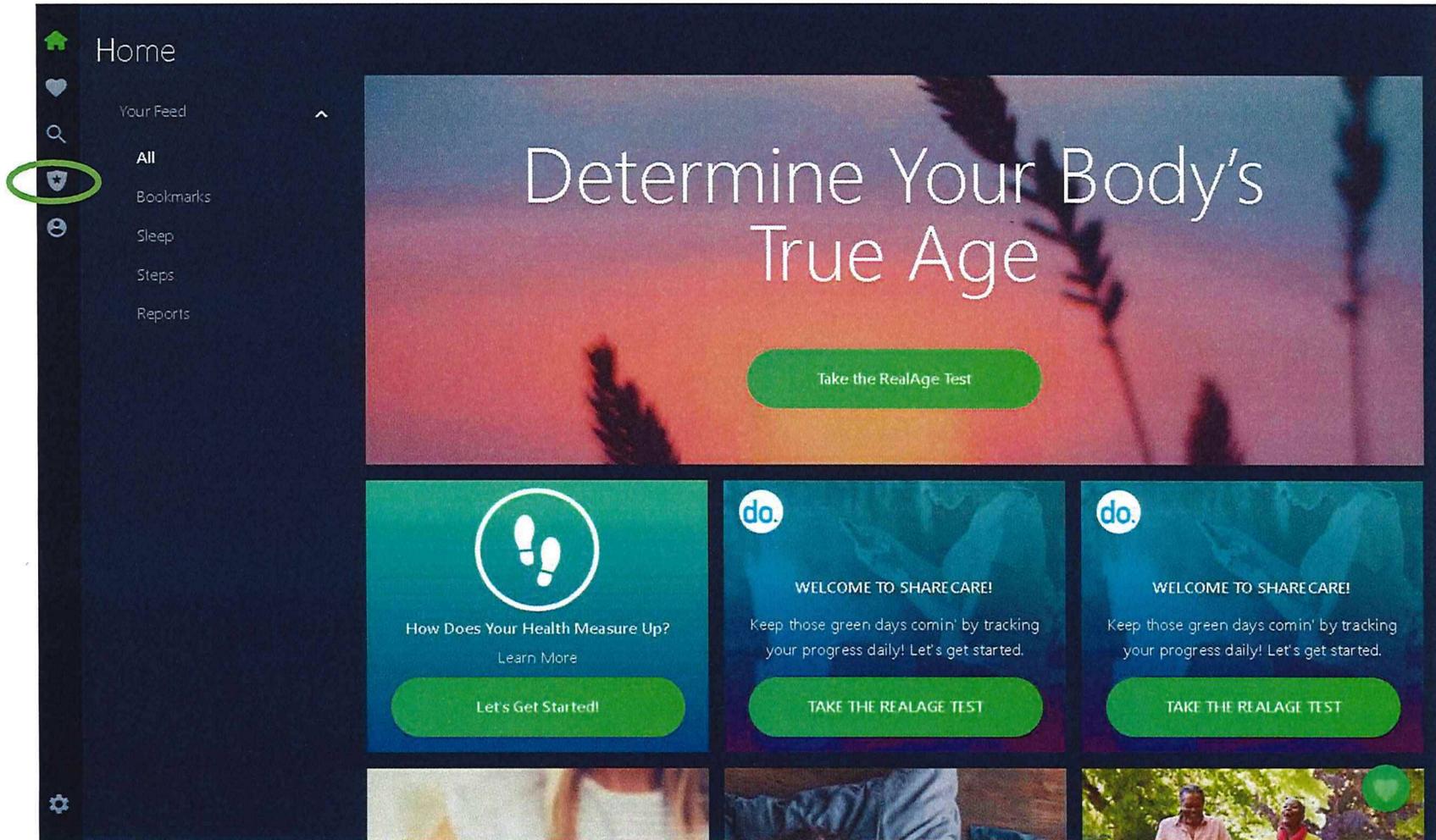
STAH Visual 4a

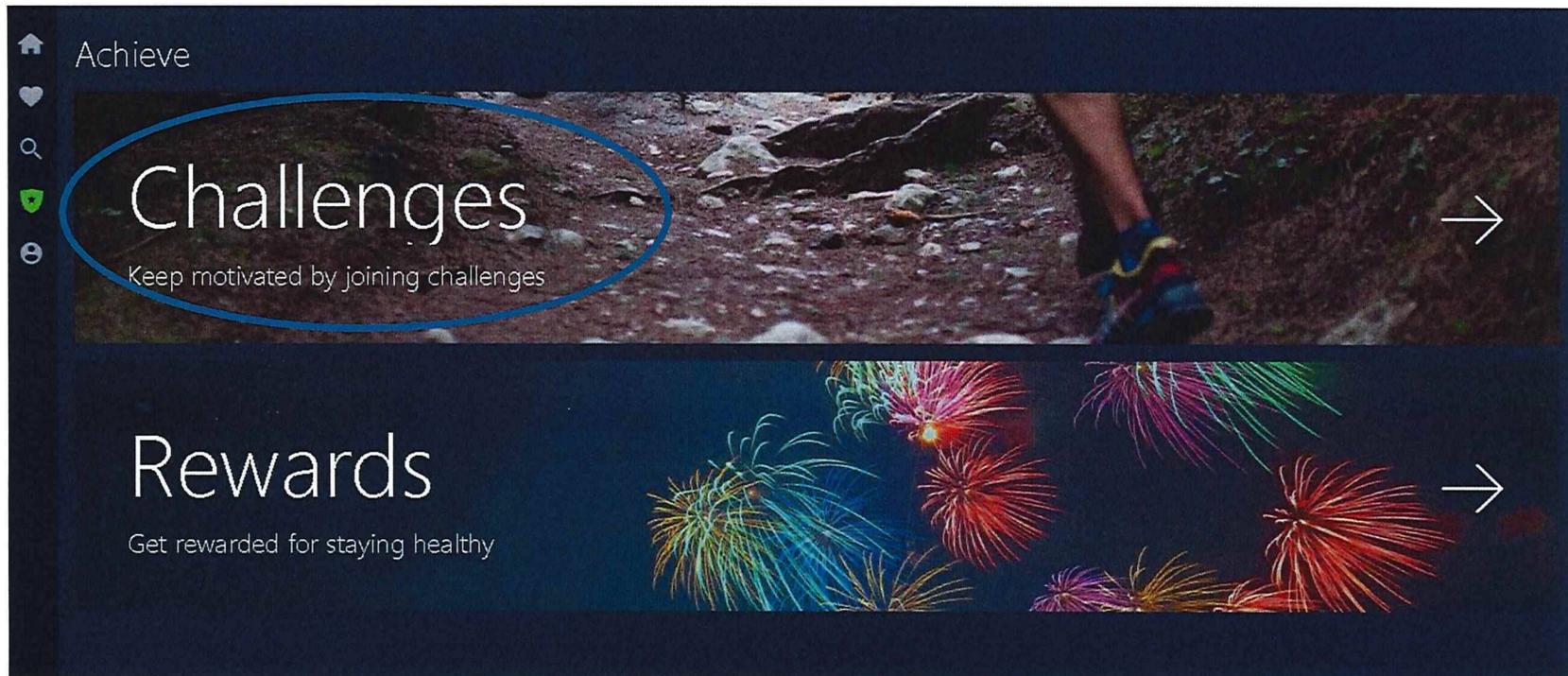


STAH Visual 4b

Fitness Incentive Experience MHC

From Home Page, select the Achieve shield





To accept the Fitness Incentive Program, go into Challenges

Challenges

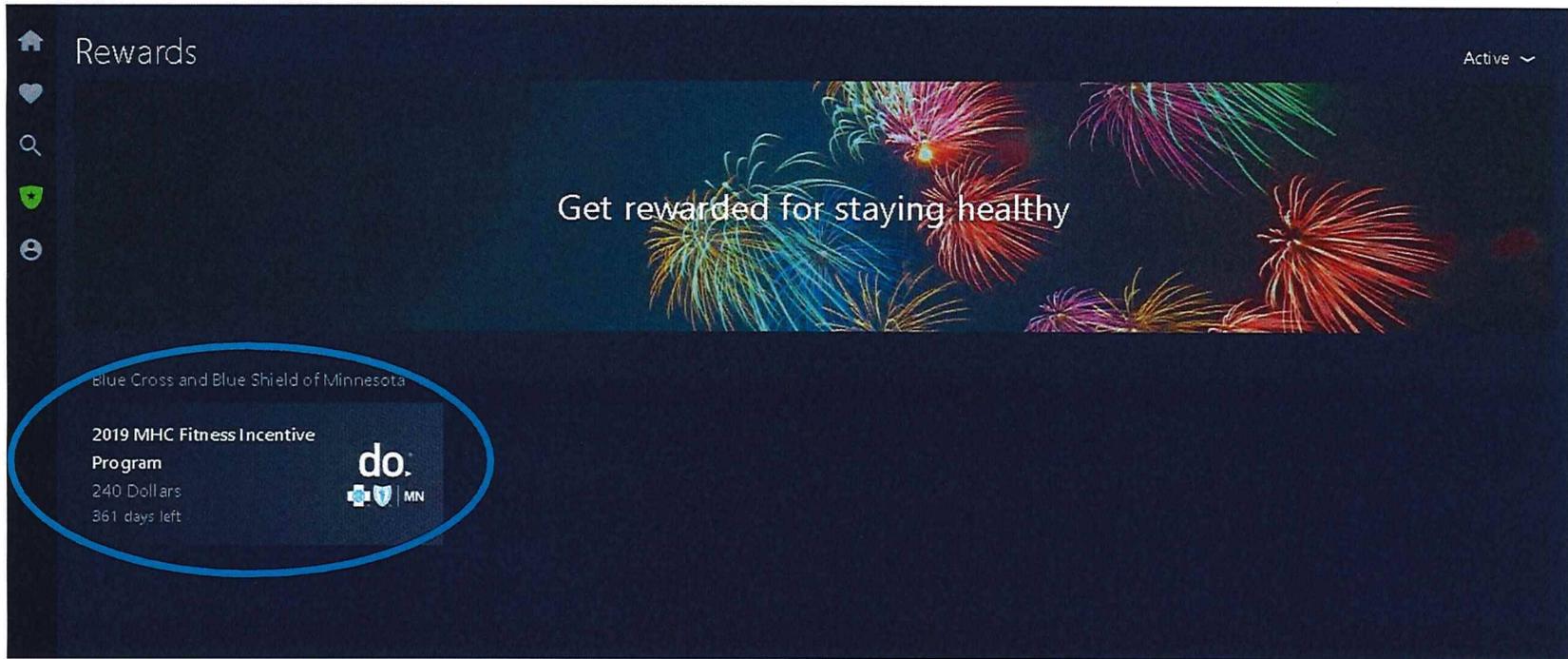
Upcoming

Stay motivated to achieve your health goals by joining a challenge.

Join All Challenges

Month	Challenge Name	Status	Participants
February	February Fitness Incentive	Not Joined	0 Participants
March	March Fitness Incentive	Not Joined	0 Participants
April	April Fitness Incentive	Not Joined	0 Participants

Join all Challenges



To review where you are with your progress, click on Rewards in the Achieve section, then select Fitness Incentive program.

Rewards

do.
MN

2019 MHC Fitness Incentive Program

Starts: Jan 1, 2019 — Ends: Dec 31, 2019

0%
0 / 240 Dollars

[About This Program](#)

Unlock Your Rewards ⓘ

Complete the RealAge Test	Incomplete 361 days left
----------------------------------	-----------------------------

Active ⓘ

January Fitness Incentive ⓘ	Incomplete
Complete 2 of 2 for \$20 Target e-gift card	27 days left
• Jan Fitness Incentives - 21/30 Days of Steps Tracked	Incomplete 27 days left
• Jan Fitness Incentives - Step Goal Met	Incomplete 27 days left

Upcoming

February Fitness Incentive ⓘ	Feb 1, 2019
Complete 2 of 2 for \$20 Target e-gift card	
• Feb Fitness Incentives - 21/30 Days of Steps Tracked	
• Feb Fitness Incentives - Step Goal Met	
March Fitness Incentive ⓘ	Mar 1, 2019
Complete 2 of 2 for \$20 Target e-gift card	
• Mar Fitness Incentives - 21/30 Days of Steps Tracked	
• Mar Fitness Incentives - Step Goal Met	

Shows where you are in your steps and days accomplished

The screenshot displays the 'Rewards' section of the Fitness Incentive Experience MHC. On the left, a dark blue sidebar contains navigation icons: a home icon, a heart icon, a magnifying glass icon, a green shield with a white star icon, and a person icon. The main content area is split into two panels. The left panel has a green-to-blue gradient background and features the 'do.' logo with a cross and shield icon, followed by 'MN'. Below this is the title '2019 MHC Fitness Incentive Program' and the dates 'Starts: Jan 1, 2019 — Ends: Dec 31, 2019'. A progress bar shows '0%' completion, with '0 / 240 Dollars' below it. A link 'About This Program' is at the bottom. The right panel is white and has a tab menu with 'Activities' and 'Redemptions'. The 'Redemptions' tab is selected and circled in blue. Below the tabs, the text reads 'No rewards earned ...' followed by 'Rewards can be earned by completing activities.'

In Rewards section, by selecting Redemptions it will show rewards earned.