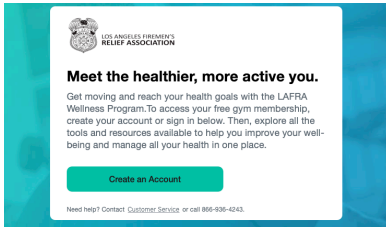
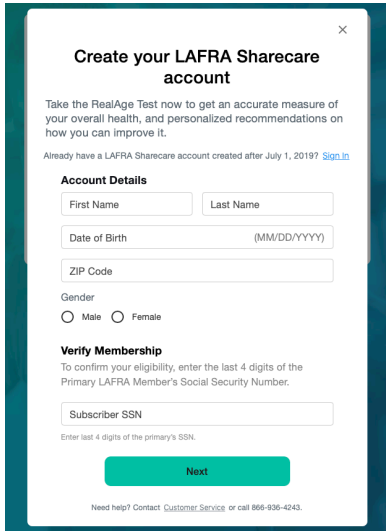


HOW TO SIGN UP FOR SHARECARE:



1. Using a web browser, go to lafra.org/wellness.

- Click **Create My Account**.
- Next time you can **Sign In** with your email address and password to go directly to your Sharecare timeline.
- **Questions? Contact Customer Service at 866-936-4243.**

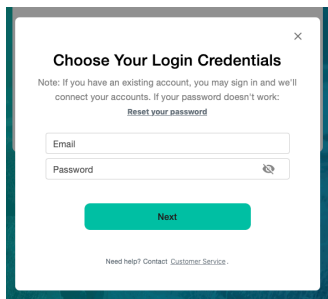


2. Create your Sharecare account

- Enter your **First Name, Last Name, Date of Birth, Zip Code and Gender**.

3. Verify your membership

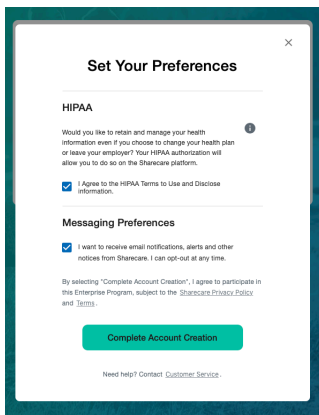
- Enter your Subscriber I.D. (The last 4 digits of the Primary LAFRA Member's Social Security Number.)
- Click **Next** to continue.



4. Choose your login credentials

- Enter your **Email Address** and create a **Password**.
- Click **Next** to continue.

TIP: Remember your email address and password.
You will need them to sign in to your account when you download the Sharecare app.



5. Set your preferences

- Want to have control of your health information, receive emails about challenges and more? Then check the boxes for GINA, HIPAA and Messaging Preferences. You can opt-out at any time.
- Click **Complete Account Creation** to finish.

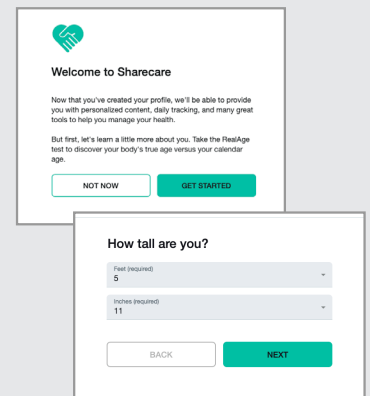
NEXT STEPS:



Take the RealAge test

From the Welcome screen, select **Get Started** to find out your body's true age. Or, the next time you log in, select **Take the RealAge test**.

Answer the questions on each screen. Click **Next** to continue. You can pause and come back at any time.



Download Sharecare

Use the app for the best experience. It's available from the App store or Google Play. In order to get the added benefits, you will need to sign in to your account using the email and password you created on Step 4.

Your Prime Fitness card is your ticket to thousands of fitness centers! It can be accessed from Sharecare. Download the app today. Workout tomorrow!

