



# MEET THE HEALTHIER, MORE ACTIVE YOU.

Get moving and reach your health goals with Sharecare. Sign up to use the tools and resources we have to help you manage your well-being:



## A FREE GYM MEMBERSHIP

Your benefit lets you work out at more than 10,000 Fitness centers across the country. Enjoy unlimited visits to all gyms in the network!



## SHARECARE AND THE REALAGE TEST

Find out your body's true age. Then take steps to improve your well-being and get motivated with personalized health topics, inspirations and fun challenges. Track your activity every day to earn green days, understand your health habits and start lowering your RealAge.

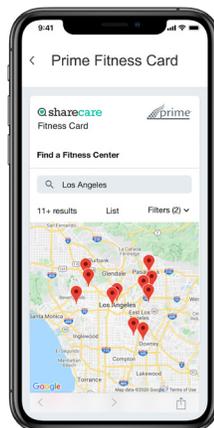


## PERSONAL HEALTH COACHING

When you're ready to get healthy, Sharecare is here to help. Whether you want to lose weight, manage stress or quit smoking, you'll get personalized, one-on-one support to help you reach your goals.

## GET STARTED:

1. **Go to [lafra.org/wellness](http://lafra.org/wellness)** and create your Sharecare account.
2. **Take the RealAge test** to find out your body's true age.
3. **Download Sharecare.** For the best experience, download and use the app on your mobile device after you create your account.



## YOUR PRIME FITNESS CARD IS IN THE SHARECARE APP!

Here's how to find it:

1. **Open Sharecare** on your mobile device.
2. **Sign in** with the email address and password you used to create your account.
3. **Select the You icon** on the bottom right. Then select **Wallet**.
4. Click on your **Prime Fitness Card** and show the QR code at participating Prime Fitness Centers.



Call **866-936-4243** or go to **[lafra.org/wellness](http://lafra.org/wellness)**.

# Live your healthiest, happiest life.

You want to feel good and live your best life. That's why we're offering Sharecare to LAFRA members, spouses/domestic partners and adult children 18+ who are enrolled in a LAFRA PPO medical plan ... for FREE.

Whether you want to lose weight, quit smoking, lower stress or keep up your healthy lifestyle, we have the tools to help get you there. With Sharecare, you get access to personalized tools and resources that help you understand your everyday habits and live a healthier life.

## Check out everything Sharecare has to offer:

- **A free gym membership** at more than 10,000 fitness centers across the country, including most Anytime Fitness, Curves, Gold's Gym, LA Fitness and Snap Fitness locations. And you can join as many fitness centers as you like!
- **The RealAge test**, a scientifically-based health assessment that shows your body's true age and is the first step toward improving your health – and growing younger.
- **Personal health coaching** for helping you set goals and getting support to reach them – such as quitting tobacco, exercising more or losing weight.
- **A personalized timeline** that becomes more customized the more you use it. When you choose health topics that are important to you – such as healthy eating, stress management, heart health, exercise tips and more – those subjects will appear more often in your timeline.
- **Green day trackers** to track core health factors such as your steps, diet, fitness, stress, sleep and more. When eight of the health factors are green on a given day, you earn a green day. Earn 60 green days within a 90-day period and you could lower your RealAge.
- **Motivational content** (like fun challenges that use green day trackers) to help you stay on track and improve your health.
- **Reward points** – earned by taking the RealAge test and completing other healthy activities. Redeem your points for great prizes, like fitness equipment, kitchen gadgets, cookbooks and more.

To sign up, call 866-936-4243  
or go to [lafra.org/wellness](https://lafra.org/wellness).

\*Before you download the Sharecare app, you must create a Sharecare account from a web browser on your computer or mobile device. Otherwise, you won't get the added benefits from LAFRA.

## Get ready to meet the healthier you.

Once you create your Sharecare account and find out your RealAge, you can:

-  Download and use the Sharecare app.\*
-  Access your Prime Fitness card and find a participating gym.
-  Earn green days by tracking your healthy activities and start growing younger.
-  Talk to your health coach for help losing weight, quitting tobacco, lowering your stress and more.
-  Earn reward points that can be redeemed for great prizes.

