



 sharecare

# 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

Beginning November 1, access 14,000+ gyms and studios including 24 Hour Fitness, CrossFit, Gold's Gym, LA Fitness and many more with Total Fitness with FitOn Health. 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 [www.LAFRA.org/wellness](http://www.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.\*



# Welcome to Sharecare

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 medical plan ... for FREE.

Sharecare is a digital health solution that helps you manage all of your health in one place. You have access to personalized insights, daily tracking, and one-of-a-kind tools to help you live a healthier life, no matter where you are in your health journey.

- **The RealAge Test.** How old are you – really? This scientifically-based health assessment shows you the true age based on your health behaviors and existing conditions. Finding out your RealAge is the first step toward improving your health – and growing younger.
- **NEW Total Fitness with FitOn Health.** Coming November 1, your benefit from LAFRA will let you work out at more than 14,000 gyms and fitness centers across the country – at no cost to you. More information coming in the mail soon.
- **Follow a Health Topic.** Members can choose from over 100 different health topics by “following” content ranging from wellness to disease specific content.
- **Quarterly challenges.** Use your green day trackers for a fun and easy way to improve your health and lower your RealAge. Join a challenge for some friendly competition to see how you stack up against other participants.
- **Reward dollars.** Earn dollars to spend in the Sharecare Marketplace by taking the RealAge Test and completing other healthy activities. Redeem your earned rewards for great prizes; from Callaway golf accessories to Vince Camuto watches, rewards for every occasion.
- **Unwinding.** Offers on-demand stress reduction tools to help you deal with stress throughout the day. Through the app, you can improve sleep, access breathing exercises, follow guided meditations, watch high-end video content, attend live events and more.
- **Green day trackers.** Monitor the core health factors that influence your health the most. Each key health factor is rated on a color scale from green to red, and your goal is to be “in the green” for the majority of the trackers on each calendar day to earn a green day.

Go to [www.LAFRA.org/wellness](http://www.LAFRA.org/wellness)  
or call 866-936-4243

## Get started:

1. Go to [www.LAFRA.org/wellness](http://www.LAFRA.org/wellness).
2. Log in or create your Sharecare account.
3. Take the RealAge Test, the first step toward improving your health.
4. Download Sharecare. For the best experience, download and use the app on your mobile device after you create your account.\*

