

# DOUGLAS UNIFIED SCHOOL DISTRICT WELLNESS PROGRAM



## Know Your Numbers, Be Well, Earn Rewards

Put your health first and learn how to live younger longer with Sharecare®. Your Sharecare experience starts with taking the RealAge® Test, a comparison of your calendar age to the true age of your body. Then, take advantage of the other included program offerings and personalized tips to make choices that will help lower your RealAge. Remember, your participation in any wellness activity is voluntary.

To qualify for the incentive, you must complete Steps 1 and 2.

**STEP 1** – Take the RealAge Test.

**STEP 2** – Earn a total of 100 points.

**STEP 3** – Redeem your points in the Sharecare Marketplace. 1 point = \$1.

Program Activity	Value	Annual Max	Award Process
STEP 1 – RealAge Test	25	25	Automatic
STEP 2 – Achieve 100 total points			
Biometric Screening	25	25	Automatic or self-entered
Challenges		50	
Step It Up Challenge – November	25		Automatic
Hydration Challenge – April	25		Automatic
Preventive Care Category		50	
Mammogram/Cervical cancer, colonoscopy, prostate exam, skin cancer, dental, vision, and/or flu shot	25		Claims or self-entered
Annual Wellness Exam	50	50	Claims or self-entered
<b>Total Point Goal:</b>	<b>100 points</b>		

**All points must be earned by June 30, 2025, to qualify for incentive.**

**GETTING STARTED:** Go to [azblue.sharecare.com](https://azblue.sharecare.com) to register. You'll need your insurance ID or Health & Wellness ID. Once registered, you can download the Sharecare app to have easy access to everything at your fingertips! For assistance registering or if you have questions, please contact Sharecare at **1-877-292-1359**.

**BIOMETRIC SCREENING:** You may have multiple options to have your biometric data uploaded. Check with your employer for your options.