



# Meet the healthier YOU in 2019!

Highmark and Central IU #10 are offering you a personalized health and wellness platform that empowers you with information that can help you stay healthy and meet your wellness goals. Read on to learn more about the enhanced features you'll receive with Sharecare as a Highmark member. **Register starting on 01/01/2019 and access your personalized experience by performing the simple steps below.**

## Get started:

-  Visit [Mycare.Sharecare.com](http://Mycare.Sharecare.com)
-  Sign in or sign up!

**Already have an existing Sharecare account?** Sign in with your existing Sharecare username and password, then be sure to complete the “get started” steps below to unlock your personalized experience.

**New to Sharecare?** Follow the prompts to set up a new account. Unlock your personalized experience by entering your information exactly as it appears on your Highmark member ID card.

 **sharecare**



## Learn more:

-  Join 45 million others and discover your RealAge (it only takes minutes).

 Monitor your sleep, stress levels, fitness and more — in real time.

 Track your health habits and get personalized recommendations to lower your RealAge.

## Access your profile:



**Download the App or go online.** Sharecare gives you a personalized health profile, tips for reaching your goals and a dashboard that shows you when you're in the green with your goals.

Get it on  
 Google play

Available on the  
 App Store

Mobile & Desktop Enabled at  
 [Sharecare.com](http://Sharecare.com)

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY : 711）。