

# Here for you today, for a healthier tomorrow.

Presented by  



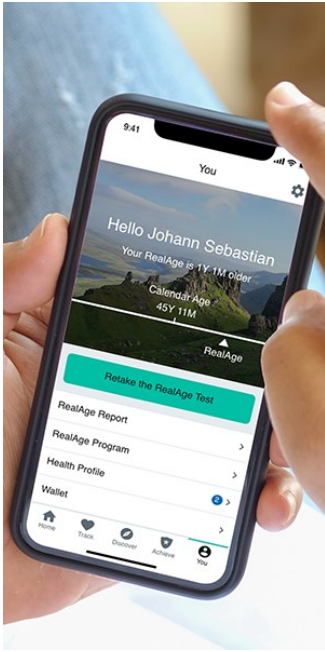
During uncertain times, staying active and focusing on your well-being doesn't always make it to the top of our to-do lists. But your health is important – to you and to *us*. That is why I want to make sure you know you have free access to Sharecare as part of your Blue Cross and Blue Shield of Minnesota benefits.

With **Sharecare**, you have access to tool and resources like:

- The RealAge<sup>®</sup> test to find out how old your body is and how you can grow younger;
- Workout videos for when your gym is closed or if you want to avoid the big crowds once they re-open;
- Activity trackers and challenges to motivate you to move now and get ease back into your gym routine later;
- Mental health support and relaxation activities to get you through these tough times;
- Plus, condition care articles and trackers for employees needing help managing diabetes or high blood pressure, losing weight or quitting tobacco.

**As an added bonus, the first 30 Minnesota Healthcare Consortium members to sign up and find out their RealAge will receive a \$20 Visa gift card from Sharecare! Already signed up? Update the RealAge test for your chance to win.**

**Get  
Started**



## Follow these steps to get started:

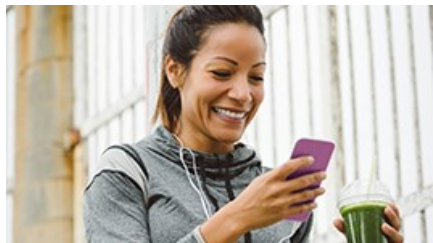
- Log in or create your account at [bluecrossmn.sharecare.com](https://bluecrossmn.sharecare.com).
- Are you older or younger than your calendar age? Take or update your RealAge to find out.
- Be one of the first 30 MHC Members to complete these tasks and win a \$20 Visa gift card to get yourself something special.

Enter to  
WIN



## Workout in your Living Room

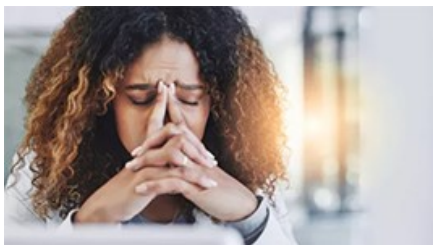
Exercising at home? [Learn the basic moves](#) to build a strong foundation for the weeks to come.



## Protect your Body

Feeling under the weather? Use our [COVID-19 symptom tracker](#) to see if you're at risk for the coronavirus.

Check your Symptoms



## Find Meditation Motivation

Need a minute? [Check out our library](#) of calming videos to help you slow down and take a breathing break.

Stay Namaste

