

CareFirst WellBeing

Putting the power of health in your hands

We're pleased to introduce CareFirst WellBeingSM—your personalized digital connection to your healthiest life. Catering to your unique health and wellness goals, CareFirst WellBeing offers motivating digital resources accessible anytime, plus specialized programs for extra support.



Create your account at carefirst.com/wellbeing

Eligibility: Available to all Regular, U.S. NesCARE benefits-eligible employees and their spouses/domestic partners and dependents 18 years and older.

Exclusive features

- Earn Healthy Rewards medical premium credit*
- Learn your RealAge by taking the RealAge health assessment to see how your lifestyle impacts your overall well-being
- Motivate yourself and others by creating fun challenges focused on steps, sleep, healthy eating and more
- Manage your blood pressure with the Pressure Points Program
- Get support quitting tobacco/nicotine with the Craving to Quit program
- Discover Coaching and so much more



Is my health information confidential?

Any information shared with CareFirst WellBeing is confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Individual health information (PHI) will not be shared with Nestlé.

Questions?

Call: 1-833-502-9928, Option 3

• Monday - Friday | 8:00 am - 9:00 pm (EST)

• Saturday | 9:00 am - 5:30 pm (EST)

E-mail: customersupport@carefirstwellbeing.com

*Healthy Rewards is available for medically enrolled employees and spouse/domestic partners. See full eligibility and FAQs on Healthworksatnestle.com

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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