

# Healthy Rewards Step-By-Step Guide Complete the RealAge Health Assessment

**Earn \$150**

## Step 1: Log in to your CareFirst Wellbeing Account



Create or Log in to your CareFirst wellbeing account.

- Go to [carefirst.com/wellbeing](https://carefirst.com/wellbeing) or scan the QR Code.
- Click on “Log in or Register”
- A new page will load - click on “Get Started Now”

## Step 2: Navigate to the RealAge Health Assessment

Click “You” > “Take Your RealAge”

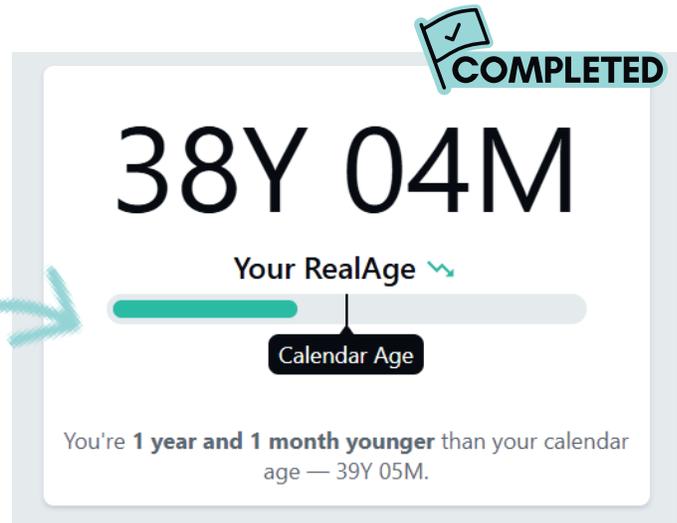
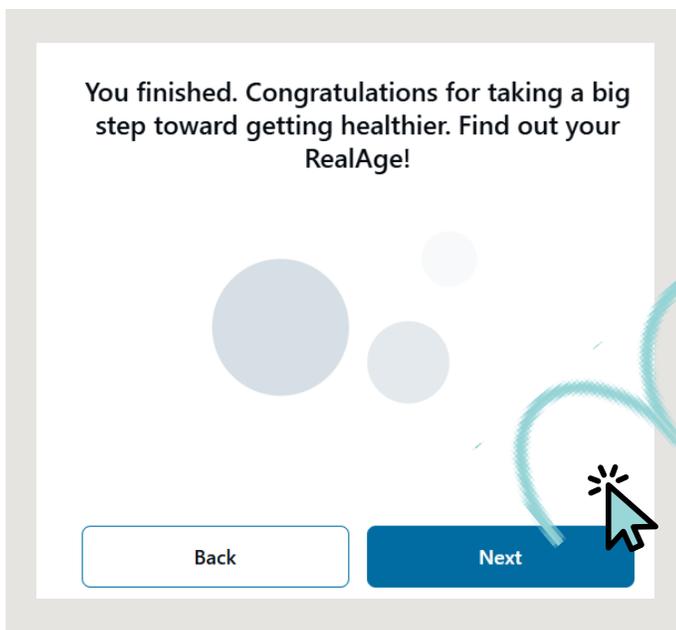
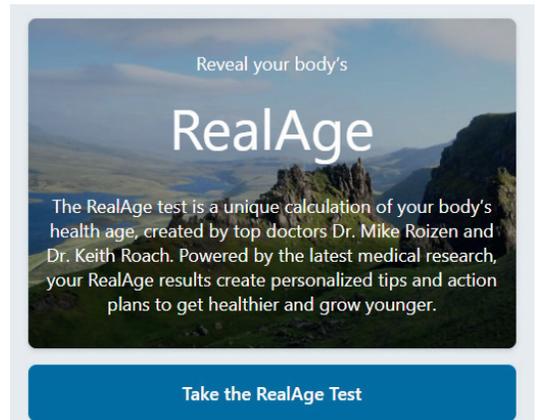
## Step 3: Answer Questions

Read and answer each question and then click “Next” to get to the next question.

- If there is a question that you do not know the answer too, such as “What is your waist size?,” you can LEAVE BLANK and click Next. You are not required to enter anything in order to complete the survey.

## Step 4: View Your Age to Complete

Once you have answered (or skipped ones you did not know) each question, you will be shown a completion screen. You must click “NEXT” to register your RealAge Completion.



## Questions/Issues?

 1-833-502-9928, Option 3

 [customersupport@carefirstwellbeing.com](mailto:customersupport@carefirstwellbeing.com)

 Visit [Healthworksatnestle.com](https://healthworksatnestle.com) for full details

You must be an active U.S. NesCARE benefits-eligible employee (Hourly regularly scheduled to work 30+ hours or Salaried working 20+ hours, as defined in the NesCARE SPD) with a first day of work on or before October 19, 2026. You and your spouse/domestic partner must be enrolled in a Nestlé medical plan in 2027, and you and your spouse/domestic partner must have registered for your CareFirst WellBeing account by November 30, 2026. Spouses/domestic partners who are benefits-eligible must be on record with the Nestlé HR Service Center by October 19, 2026. Healthy Rewards are divided per paycheck throughout 2027. If your employment ends during 2027, your Healthy Rewards credit will cease. Participants with a CareFirst WellBeing account with steps processed by CareFirst WellBeing by October 31, 2026, should start receiving Healthy Rewards in January 2027. Participants with a CareFirst WellBeing account with steps processed by CareFirst WellBeing no later than November 30, 2026, should start receiving Healthy Rewards in February 2027. The Healthy Rewards deadline is November 30, 2026, at 11:59 p.m. Eastern Time.