

Earn \$400*

Follow the steps below to “Create Your CareFirst Account”

Step 1: Create Account

Everyone will need to create a new CareFirst wellbeing account in 2026.

- Go to 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: Enter Your Information

You will be **required** to provide:

- **First & Last Name**
 - If your name has a hyphen, you will need to input that. Your name should be written the same as it appears on your Benefits
- **Date of Birth** (MM/DD/YYYY)
- **Zip Code** for your current home
- **Last 4 Digits** of your **SSN**

Step 3: Enter your email and create a password

Enter your **E-mail Address** (you can use work or personal)

- Create a Password
- Opt into privacy terms
- Click “**Create Account**”

Step 4: Optional - Enter your phone number

Enter your **mobile phone number** for added security

Step 5: Navigate to Healthy Rewards

Click on **Achieve > Rewards > Nestlé Healthy Rewards - 2026**

- Complete any variation of **Healthy Rewards Steps** below to earn up to an additional \$400 for your spouse/domestic partners paycheck in 2027.

Healthy Rewards Steps

Complete the RealAge Health Assessment to Earn \$150

You will be prompted to complete your RealAge Health Assessment automatically when you first create your account.

- To take the RealAge Health Assessment, click “**You**” > “**Take Your RealAge**”

Participate in a Biometric Screening Appt to Earn \$200

Click “**Achieve**” > “**Rewards**” > “**Complete a Biometric Screening**” and select one of the following options:

- **Doctor visit with the Primary Care Provider (PCP) Form:**
- **Quest Patient Service Center Lab: (Fasting Required)**
- **Onsite Biometric Event: (Employees Only, Fasting Not Required)**
- **CVS MinuteClinic: (CareFirst Members Only, Fasting Recommended)**

Participate in Medical/Mental Healthcare Appointment to Earn \$50

Click “**Achieve**” > “**Rewards**” > “**Complete a Medical or Mental Healthcare Appt.**” and follow the steps to attest to completing a medical or mental wellbeing appointment from 12/1/2025 – 11/30/2026.

Questions/Issues?

 1-833-502-9928, Option 3

 customersupport@carefirstwellbeing.com

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

**For the spouse/DP to receive the credits completed in the current plan year, they must be enrolled in a Nestlé medical for the following plan year.*

If your spouse/domestic partner is not currently covered on Nestlé Benefits, are benefits-eligible and cannot create a CareFirst WellBeing account, contact the Nestlé Benefits Service Center at 1-877-637-2255 no later than October 19, 2026, and tell them you want to add a spouse/domestic partner for Healthy Rewards participation. It will take about 4 weeks after calling the Nestlé Benefits Service Center for your spouse/partner to have access. Not all Healthy Rewards activities are available to spouses/domestic partners.