



Live your happiest, healthiest life with Sharecare

As a member of the Sharecare community, you get access to personalized tools and resources to keep your mind and body strong – at no cost to you!

Happy, Healthy YOU



FIND OUT YOUR REALAGE: The RealAge Test within Sharecare will reveal your body’s true age based on your eating, exercise and sleep habits, behaviors and existing conditions.



PARTNER WITH A COACH: You have access to personal health coaching – at no cost to you. Whether you want help to maintain a healthy weight, stress less, start a fitness plan or quit tobacco for good – your Sharecare Coach is here to help!



GET A FREE BIOMETRIC HEALTH SCREENING: Uncover hidden health risks to prevent disease with a biometric screening. This simple screening informs you of your cholesterol, glucose, triglycerides, and other health-related factors.



STRESS LESS: Unwinding by Sharecare can help you better understand how your mind works, help reduce stress and build healthier habits.



WELLNESS CHALLENGES: Complete healthy activities and fun wellness challenges all year long!



Unlock Your Wellness



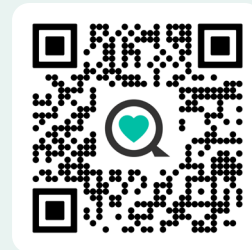
Sign into or create your account at hmmamwell.sharecare.com.



Download the Sharecare app to manage your health on-the-go.



Visit **Achieve > Rewards > Well From Heidelberg Materials** to see how you can earn up to **\$600 in rewards!**



Visit hmmamwell.sharecare.com to learn more.