BlueCross BlueShield of Illinois

GO Wellbeing℠



Take Charge of Your Health with GO Wellbeing

It's time to feel healthier, happier and more energized. GO Wellbeing can help!

The food we eat, how much we move and how well we sleep can all affect how we feel every day.

GO Wellbeing, powered by Sharecare, is an easy-to-use digital program that helps you manage your health and wellbeing in one place.

With GO Wellbeing, you can:

- Find tools and tips to support your mind and body
- Take the RealAge Test to see how your body's age compares to your actual age and get simple, personalized steps on how to maintain or improve your health
- Earn rewards for healthy activities like sleep tracking, connecting a wearable health device, learning about financial fitness and more
- Join fun challenges to stay motivated and boost your progress

GO Wellbeing is included at no extra cost as part of your Blue Cross and Blue Shield of Illinois health care plan.

GO Wellbeing and all associated digital programs and services are powered by Sharecare, Inc. Sharecare is contracted by Blue Cross and Blue Shield of Illinois to deliver a select collection of lifestyle programs, tools and apps.

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What GO Wellbeing Offers

Start with the RealAge Test, which looks at your daily habits — like eating, exercise, sleep and stress — to estimate your body's real age. After the test, you'll get easy-to-follow steps to help you improve your health.

More helpful features include:

- Health articles and learning tools just for you (in multiple languages)
- The option to connect your wearable devices and apps, and earn rewards on activities you're already doing as well as new healthy habits
- Wellness challenges to keep you engaged and on track with your goals
- Community Wellbeing Index that shows you where you can enjoy the outdoors in your area and how your activity levels compare with others around the country
- Articles via the GO Wellbeing app on important topics such as:
  - Physical health
  - Mental wellbeing
  - Financial health

Getting Started Is Easy

Start your wellness journey in just three steps:

1. Download the GO Wellbeing app.
2. Take the RealAge Test.
3. Follow personalized tips, or join any activity you choose!

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This is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

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