



**CAREFIRST
WELLBEING**



Your health and well-being is not a single statistic or a one-and-done goal.

It's a product of everything in your daily life—family, friends, relationships, responsibilities, stressors, habits and more. It's all connected.

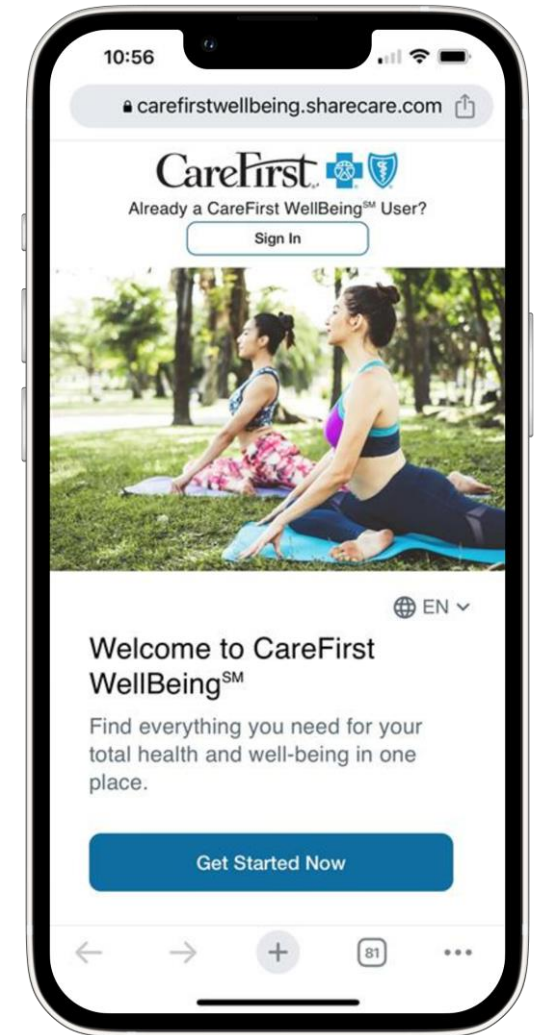
To help you navigate these connections we are pleased to introduce CareFirst WellBeing. With the app, you can connect to programs for your overall well-being—physical, emotional, social and financial.

CAREFIRST WELLBEING

A personalized, digital connection to a healthier life

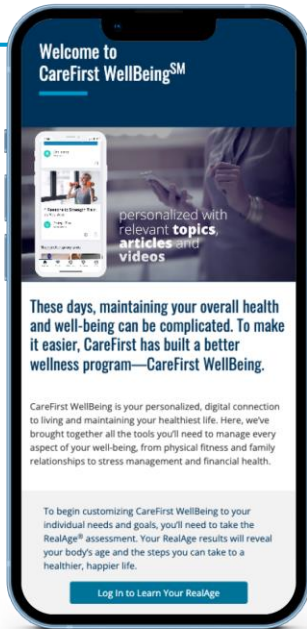
- RealAge Health Assessment
- Personalized Health Timeline and Profile
- Trackers, Challenges
- Wellness Articles, Videos and Quizzes
- Health Coaching
- Weight Management and Diabetes Prevention Programs (Noom & Eat Right Now)
- Tobacco Cessation
- Financial Wellbeing
- Blue 365 Health & Wellness Discounts and so much more!

[**Click here to register!**](#)

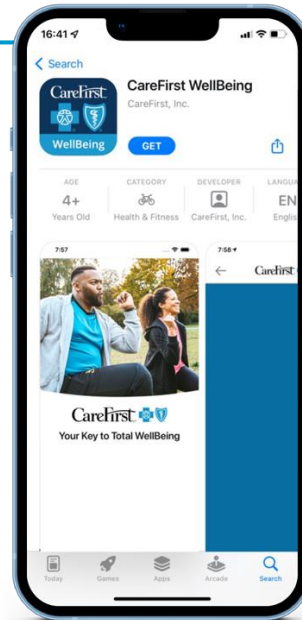


ACCESSING CAREFIRST WELLBEING

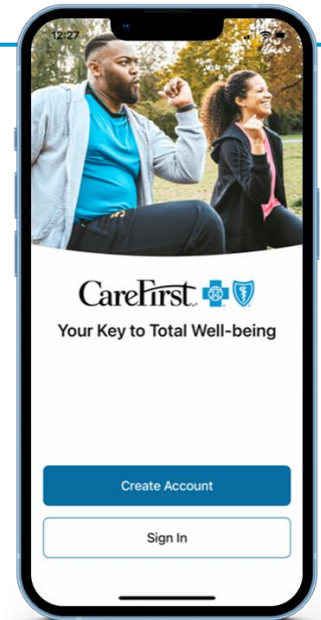
[Click here to register!](#)



1 To register on a mobile phone, visit carefirst.com/wellbeing and select **"Get Started"**



2 **Download** the CareFirst WellBeing application



3 Select **"Create Account"** and follow the prompts

Need Help? Contact CareFirst WellBeing Customer Support at **877-260-3253**

CREATING A CAREFIRST WELLBEING

9:41

Create Account

First Name

Last Name

Email

Birth Date

Gender

ZIP Code

Password

- Minimum 8 characters
- 1 lower case character
- 1 upper case character
- 1 number or special character

Password Tips

Create Account

9:41

CareFirst

Verify your membership

We use this information to confirm your eligibility and unlock exclusive features.

Enter the last four digits of your SSN

Please enter last 4 of your Member ID if SSN does not work.

Continue

Questions? Please call 877-260-3253 or visit CareFirst WellBeing Support.

Verify Membership

9:41

CareFirst

Help protect your privacy

GINA Authorization

☒ Employer 1

The Genetic Information Nondiscrimination Act (GINA) protects you against discrimination based on your genetic information. Acceptance is required to proceed.

Learn More

HIPAA Authorization

☒ Employer 1

HIPAA allows you to manage and own your health information.

Learn More

Messaging Preferences

☒ I want to receive email notifications.

Authorizations

9:41

Add your phone number for additional security

CareFirst uses 2-step verification to ensure you're the only person who can access your account.

Country Code
United States (US +1)

Phone Number

Confirm Number

Skip

Add Phone

9:41

Welcome to CareFirst WellBeingSM

Ready to get started? Take the RealAge test. It's based on the latest science and you'll learn how habits make or break your health. You'll get tips, recipes, videos and more – all tailored to you.

Get Started

Not Now

RealAge

Need Help? Contact CareFirst WellBeing Customer Support at **877-260-3253**

CORE WELLBEING PROGRAMS

Explore special support and resources including:



Health coaching

One-on-one phone coaching provided by registered nurses and trained professionals focusing on stress management, chronic conditions and more



Weight management

Digital program helps you reach a healthier weight and reduce the risk of developing diabetes through gradual lifestyle changes that become lifelong habits



Tobacco cessation

21-day program provides digital coaching, peer-to-peer support and access to daily mindfulness activities and online tools



Financial well-being

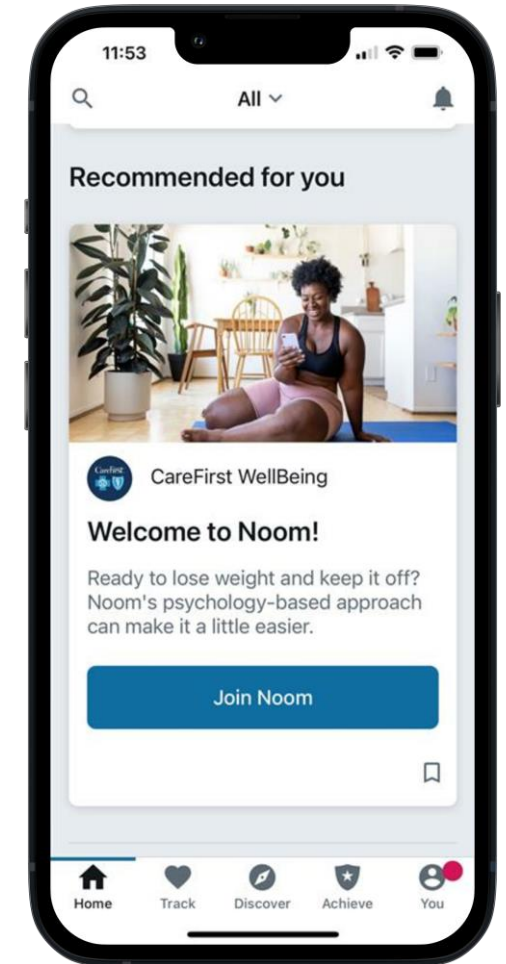
Digital program includes videos, expert tips, easy-to-use tools and a step-by-step plan to help you reach your financial goals

INTRODUCING NOOM!

Noom is designed to help you achieve and maintain a healthy weight with:

- Personalized, psychology-based techniques to help you better understand your relationship with food and be mindful of habits
- Daily lessons on your terms
- Motivational support to keep you going
- Tracking tools to mark your progress

Get started with NOOM today by creating or logging in to your CareFirst WellBeing account.

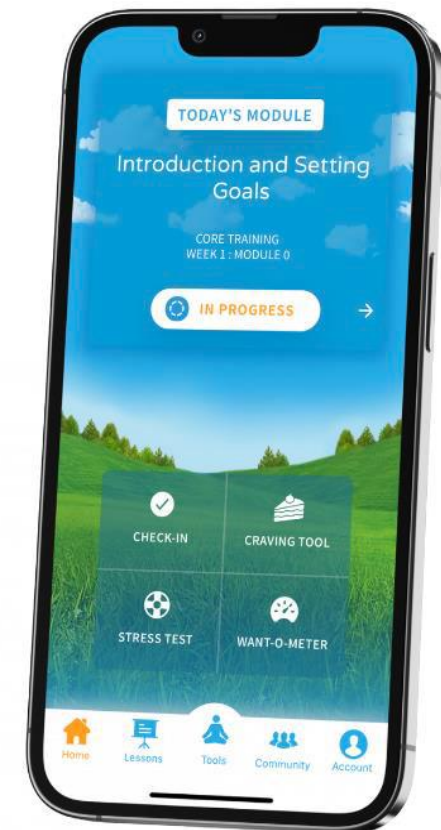


EAT RIGHT NOW

Get started with Eat Right Now today by creating or logging into your CareFirst WellBeing account.

An app-based program offering accessible, daily practices that are proven to reduce craving-related eating

- Enhanced Scaled Back with Weight Management and Diabetes Prevention
- ERN focuses on the “why” rather than just the “what” we eat
- All ERN lessons are available on demand via video – members are no longer locked into a specific date and time
- Direct access to personal coach, drop-in classes available
- Guided mindfulness exercises to reduce food cravings
- Includes physical activity content, strategic meal planning, calorie-related content and progress tracking



WELLBEING

SUPPORT FOR LIFES BIGGEST TRANSITIONS


Take advantage of these resources through
Ovia Health™:

- **Ovia**—Cycle tracking, support, and tips for reproductive health, fertility, and managing menopause
- **Ovia Pregnancy**—Birth planning, maternity leave advice, helpful articles, and pregnancy trackers
- **Ovia Parenting**—Guidance and trackers for your baby or child's health and development, breastfeeding resources, and more!


Mindfulness Opportunities

Inspirations can help take control of stress and anxiety


- Wellbeing videos, audio and ambient white noise available on demand
- Relaxation, stress reduction, mindfulness and sleep support




Comfort
Guided meditation, yoga and prayer to comfort ...



Sleep
Extremely low-light, soothing video designed fo...



Play
Playful, relaxing settings, from fishbowls to wate...



Eco Short Films
International Award-Winning short eco films



- Meditation
- Yoga
- Sleep Visualizations
- Relaxing Sounds



- Visuals/Eco Short Films
- Breathing Exercises
- Video Tours of Foreign Lands

BLUE 365 DISCOUNT PROGRAM

Exclusive health and wellness deals and discounts from top national and local retailers:

- Apparel & Footwear
- Fitness
- Hearing & Vision
- Home & Family
- Nutrition
- Personal Care
- Travel

Blue365 can be accessed via MyAccount or the CareFirst Wellbeing Portal.



THANK YOU!
