

# Your path to wellness begins here



## Welcome to the 2025 Amedisys Wellness Reward program

Making your health a priority is the first step to improving overall well-being. Amedisys has partnered with Sharecare to bring you access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, you can earn rewards and sweepstakes entries by completing healthy activities.

### Get started

1. **Visit [amedisys.sharecare.com](https://amedisys.sharecare.com)** to register and create a user ID and password.
2. **Take your RealAge® Test** a scientifically-based assessment that shows you the true age of the body you're living in based on your behaviors and existing conditions.
3. **Download the Sharecare app** to your mobile device from the App Store or Google Play.
4. **Start earning rewards.** More information can be found in Sharecare and on the next few pages.



Scan the code to visit  
[amedisys.sharecare.com](https://amedisys.sharecare.com)

## Sharecare Features

### Benefits hub

Rather than navigate many websites, you can review and access all of your benefits from here.

### Biometric Screening

Knowing your numbers is an important step in managing your overall health. Schedule your screening and see results, plus find out about what the numbers mean and how to improve them.

### Challenges

Sharecare challenges make it fun and easy for you to stay on track to improve your health.

### Craving to Quit

Use mindfulness skills to stop smoking or vaping in 21 days with this step-by-step program delivered through your smart phone or tablet.

### Eat Right Now

Learn how to rewire your brain to identify stress and emotional eating patterns, reduce cravings and build sustainable, healthy habits using this mindfulness-based digital program.

### Lifestyle coaching

Work with a coach to eat healthier, exercise more, lose weight, quit smoking or vaping, and manage stress.

### Unwinding by Sharecare

This guided program can help you reduce stress and build healthier habits through daily practices.

# Employees – 2025 Amedisys Wellness Rewards

Complete activities and challenges throughout the year to earn up to \$500 in Wellness Rewards to your Lifestyle Spending Account through Bank of America.

Timeframe	Activity	Incentive
January 1, 2025 to December 31, 2025	<b>Complete or update Your Real Age Test in 2025</b>	<b>\$100 in Wellness Rewards</b> Deposited within one month following the quarter in which they were earned
February 1, 2025 to December 31, 2025	<b>Complete your annual Biometric Screening</b>	<b>\$100 in Wellness Rewards</b> Deposited within one month following the quarter in which they were earned
January 1, 2025 to December 31, 2025	<b>Complete all modules in the Eat Right Now program</b>	<b>\$100 in Wellness Rewards</b> Deposited within one month following the quarter in which they were earned
Q1 - January 1 to March 31, 2025	<b>Complete at least one activity:</b> <ul style="list-style-type: none"><li>• New Year, New You Activity Challenge</li><li>• Engage with Eat Right Now for 25 days</li></ul>	<b>\$50 in Wellness Rewards</b> Deposited by April 30, 2025
Q2 - April 1 to June 30, 2025	<b>Complete at least one activity:</b> <ul style="list-style-type: none"><li>• Step Into Spring Team Steps Challenge</li><li>• Complete Unwinding Mini-Program</li></ul>	<b>\$50 in Wellness Rewards</b> Deposited by July 31, 2025
Q3 - July 1 to September 30, 2025	<b>Complete at least one activity:</b> <ul style="list-style-type: none"><li>• Destination Steps Challenge</li><li>• Earn 45 Green Days using Sharecare trackers</li></ul>	<b>\$50 in Wellness Rewards</b> Deposited by October 31, 2025
Q4 - October 1 to December 31, 2025	<b>Complete at least one activity:</b> <ul style="list-style-type: none"><li>• Contagious Kindness Challenge</li><li>• Track your cravings 25 times in Eat Right Now</li></ul>	<b>\$50 in Wellness Rewards</b> Deposited by January 31, 2026

Note: You must register for Sharecare at [amedisys.sharecare.com](https://amedisys.sharecare.com) before downloading the app in order to unlock the benefits available to Amedisys members or to receive credit for your incentive activities.

**Have peace of mind with Sharecare and your privacy.**

We take privacy and security very seriously. Sharecare will never share your personal data with Amedisys or anyone without your permission.

**Questions?** Contact Sharecare at [support.sharecare.com](https://support.sharecare.com) or call 800-521-5066.



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# Employees – 2025 Amedisys Sweepstakes

Complete activities throughout the year to earn sweepstakes entries for a chance to win prizes every month!

Timeframe	Activity	Incentive
January 2025	Connect a new device or tracking app to Sharecare and enable automatic tracking	Sweepstakes entry for \$500 in gas or an e-gift card
February 2025	Follow a new health topic in Sharecare	Sweepstakes entry for \$500 in groceries or an e-gift card
March 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for a \$500 Amazon or e-gift card
April 2025	Download or log in to the Included Health app then confirm this activity in Sharecare	Sweepstakes entry for \$500 to refresh your home decor or an e-gift card
May 2025	Register and log in to Optum Behavioral Health then confirm this activity in Sharecare	Sweepstakes entry for \$500 in travel or an e-gift card
June 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for \$500 in groceries or an e-gift card
July 2025	Complete or re-take your RealAge Test during the month of July	Sweepstakes entry for \$500 in entertainment or an e-gift card
August 2025	Complete a biometric screening during the month of August. (If you've already completed this in 2025, you are automatically entered.)	Sweepstakes entry for \$500 in groceries or an e-gift card
September 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for \$500 to refresh your home decor or an e-gift card
October 2025	Watch three self-care videos in Sharecare	Sweepstakes entry for \$500 in groceries or an e-gift card
November 2025	Track at least 10 green days in Sharecare by turning 8 of your health trackers green	Sweepstakes entry for a \$500 Amazon card or an e-gift card
December 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for \$500 to refresh your wardrobe or an e-gift card

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# Spouses – 2025 Amedisys Sweepstakes

Complete activities throughout the year to earn sweepstakes entries for a chance to win prizes every month!

Timeframe	Activity	Incentive
January 2025	Connect a new device or tracking app to Sharecare and enable automatic tracking	Sweepstakes entry for a chance to win a \$100 Amazon gift card
February 2025	Follow a new health topic in Sharecare	Sweepstakes entry for a chance to win a \$100 Amazon gift card
March 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for a chance to win a \$100 Amazon gift card
April 2025	Download or log in to the Included Health app then confirm this activity in Sharecare	Sweepstakes entry for a chance to win a \$100 Amazon gift card
May 2025	Register and log in to Optum Behavioral Health then confirm this activity in Sharecare	Sweepstakes entry for a chance to win a \$100 Amazon gift card
June 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for a chance to win a \$100 Amazon gift card
July 2025	Complete or re-take your RealAge Test during the month of July	Sweepstakes entry for a chance to win a \$100 Amazon gift card
August 2025	Complete a biometric screening during the month of August. (If you've already completed this in 2025, you are automatically entered.)	Sweepstakes entry for a chance to win a \$100 Amazon gift card
September 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for a chance to win a \$100 Amazon gift card
October 2025	Watch three self-care videos in Sharecare	Sweepstakes entry for a chance to win a \$100 Amazon gift card
November 2025	Track at least 10 green days in Sharecare by turning 8 of your health trackers green	Sweepstakes entry for a chance to win a \$100 Amazon gift card
December 2025	Answer the Daily Check-In question at least 10 times this month	Sweepstakes entry for a chance to win a \$100 Amazon gift card

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