

Focus on your health and earn rewards



Overview of 2024 Sharecare well-being resources and incentives

Amedisys has partnered with Sharecare to help you live your happiest, healthiest and most productive life. You have access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, you can earn your annual incentives by completing healthy activities.

Take the first steps now

- 1. Visit amedisys.sharecare.com** to register and create a user ID and password.
- 2. Take your RealAge® Test** as guided through the Sharecare platform.
- 3. Download the Sharecare app** to your mobile device or tablet from the App Store or Google Play.
- 4. Pursue your best life and earn green days** using tools and resources from Sharecare.
- 5. Check out the reverse page** for challenges and incentives.

More about Sharecare's tools and resources

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a healthier life – whether you have a long way to go or you want to reach the next level.

Take the RealAge Test.

The RealAge Test within Sharecare will reveal your body's true age based on your eating, exercise and sleep habits, behaviors and existing conditions.

Leverage your health profile.

Sharecare creates a personalized experience and profile for you with actionable recommendations so you can start improving your RealAge immediately. You'll also be able to store and access your key biometrics and health profile data.

Earn your green days.

Sharecare makes it easy to track your health and record your progress in one place – from your fitness and steps to your eating, stress, sleep and more. When 8 of the 13 health factors are green on a given day, you earn a green day, which can help lower your RealAge.

2024 Wellness Rewards Program Incentive Activities

Employees

Timeframe	Activity	Incentive
2/1/24 - 12/31/24	<ul style="list-style-type: none">• Register for Sharecare• Download the Sharecare App• Complete Your Real Age Test	\$100 LSA Dollars
2/1/24 - 3/31/24	<ul style="list-style-type: none">• Level Up• Relax Your Mind	Complete 1 of 2 activities to earn \$50 LSA Dollars
4/1/24 - 6/30/24	<ul style="list-style-type: none">• Snooze Soundly• Live in the Green	Complete 1 of 2 activities to earn \$50 in LSA Dollars
7/1/24-9/30/24	<ul style="list-style-type: none">• Stress Less• Healthy Plate	Complete 1 of 2 activities to earn \$50 in LSA Dollars
10/1/24 - 12/31/24	<ul style="list-style-type: none">• Give Thanks• Step It Up	Complete 1 of 2 activities to earn \$50 in LSA Dollars
2/1/24 - 12/31/24	<ul style="list-style-type: none">• Complete a biometric screening	\$100 LSA Dollars
2/1/24 - 12/31/24	<ul style="list-style-type: none">• Unwinding• Unwinding Anxiety	Complete 1 of 2 activities to earn \$100 in LSA Dollars

Note: You must register for Sharecare at 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.you.sharecare.com or call **800-521-5066**.



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2024 Wellness Rewards Program Incentive Activities

Employee Sweepstakes

Timeframe	Activity	Incentive
2/1/24 - 2/29/24	<ul style="list-style-type: none">Connect Your Device	Sweepstakes entry to win a 1-year Apple Fitness+ Family Membership or other digital subscription (prize awarded as \$100 deposit to LSA)
3/1/24 - 3/31/24	<ul style="list-style-type: none">Follow a Health Topic	Sweepstakes entry to win a 1-year US National Parks pass (prize awarded as \$100 deposit to LSA)
4/1/24 - 4/30/24	<ul style="list-style-type: none">Register for Optum Behavioral Health	Sweepstakes entry to win 8 PTO Hours (if you do not accrue PTO hours, prize awarded as \$200 deposit to LSA)
5/1/24 - 5/31/24	<ul style="list-style-type: none">Complete the Building Resilience Mini Program	Sweepstakes entry to win Spa / Massage Services (prize awarded as \$200 deposit to LSA)
6/1/24-6/30/24	<ul style="list-style-type: none">Register for Included Health	Sweepstakes entry to win \$200 HSA deposit (if you are enrolled in a PPO plan, prize awarded as \$200 deposit to LSA)
7/1/24 - 7/31/24	<ul style="list-style-type: none">Complete Your Daily Check-in	Sweepstakes entry to win a \$250 Airline Gift Card
8/1/24 - 8/31/24	<ul style="list-style-type: none">Biometric Screening (complete anytime from 1/1-8/31)	Sweepstakes entry to win 8 PTO Hours (if you do not accrue PTO hours, prize awarded as \$200 deposit to LSA)
9/1/24 - 9/30/24	<ul style="list-style-type: none">Self-Attestation Submission for Merrill Financial Wellness Tracker quiz	Sweepstakes entry to win a \$200 Amazon gift card
10/1/24 - 10/31/24	<ul style="list-style-type: none">Complete the Take the Stress Challenge	Sweepstakes entry to win Spa / Massage Services (prize awarded as \$200 deposit to LSA)
11/1/24 - 11/30/24	<ul style="list-style-type: none">Watch all 3 videos	Sweepstakes entry to win 8 PTO Hours (if you do not accrue PTO hours, prize awarded as \$200 deposit to LSA)
12/1/24 - 12/31/24	<ul style="list-style-type: none">Complete the Holiday Cheer Green Day Sweepstakes	Sweepstakes entry to win a \$200 Gas Gift Card

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2024 Wellness Rewards Program Incentive Activities

Spouse Sweepstakes

Timeframe	Activity	Incentive
2/1/24 - 3/31/24	<ul style="list-style-type: none">Register for Sharecare	Sweepstakes entry for a \$100 Amazon gift card
4/1/24 - 6/30/24	<ul style="list-style-type: none">Complete Your RealAge Test	Sweepstakes entry for a \$100 Amazon gift card
7/1/24 - 9/30/24	<ul style="list-style-type: none">Complete Your Daily Check-in 30 times this quarter	Sweepstakes entry for a \$100 Amazon gift card
10/1/24 - 12/31/24	<ul style="list-style-type: none">Complete the Step it Up Challenge	Sweepstakes entry for a \$100 Amazon gift card

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