Your path to wellness begins here

Get moving and reach your health goals with Sharecare, available to all Amedisys employees and their spouses enrolled in an Amedisys medical plan. Take advantage of Sharecare's tools and resources to help you manage your well-being.

To get started:

1. **Visit amedisys.sharecare.com** and sign in or create a Sharecare account.

2. **Go to Achieve > Rewards to view all the activities available to earn your incentives:**
   - Earn up to $500 in Wellness Rewards to your Lifestyle Spending Account
   - Do activities for sweepstakes entries – chance to win a $500 prize each month
   - Spouses can do activities for a chance to win a $100 Amazon gift card each month

3. **Check out Sharecare** and find out your RealAge, complete a challenge, or schedule your biometric screening. Find mindfulness programs to help you eat better, quit smoking or vaping, and have less stress. Plus you can access all of your benefits brought to you by Amedisys.

4. **Download the App** to your mobile device from the App Store or Google Play.

Download on the App Store   GET IT ON Google Play

Before downloading the app, you must register for Sharecare at **amedisys.sharecare.com** in order to unlock the full benefits brought to you by Amedisys.

Have Questions? Contact Sharecare at support.sharecare.com or call 800-521-5066.

Scan the code to visit amedisys.sharecare.com