

Live Well. Be Well.

Take Charge of Your Health and Wellbeing

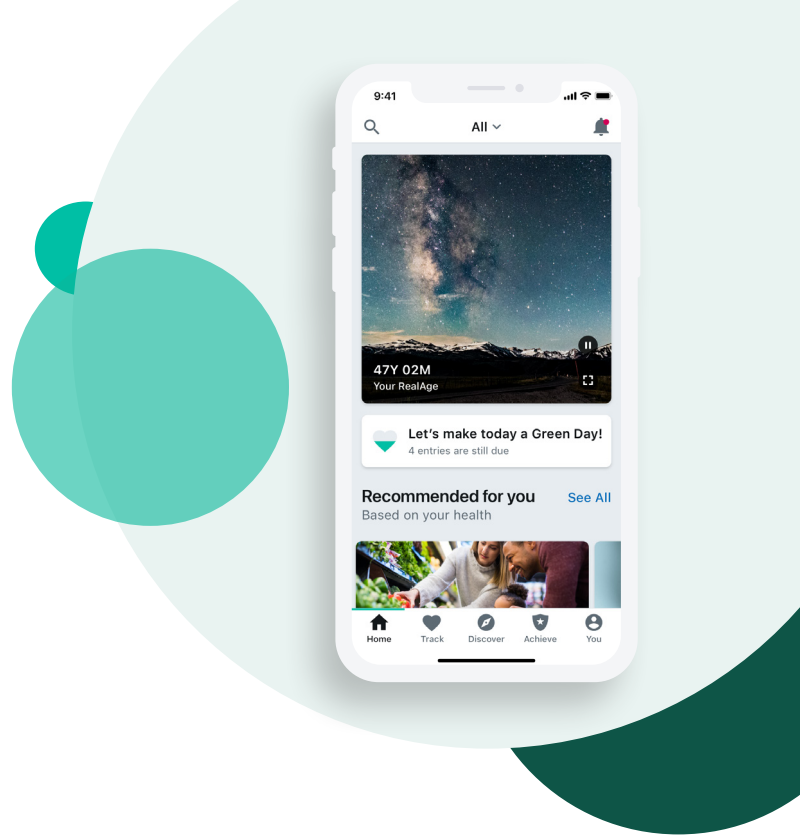


Overview of Sharecare wellness resources and incentives

Parsons has partnered with Sharecare to help you live your happiest, healthiest and most productive life. You have access to wellbeing 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 parsons.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 following 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.

2023 Live Well. Be Well. Incentive Activities:

Medically enrolled employees can receive a “Wellness Credit” of \$30 toward monthly medical premiums for the 2023 plan year, earn \$150 in “Wellness Incentives,” and once 150 points have been achieved, be entered in random drawings throughout the year for engaging in healthy actions, behaviors, and activities.

Non-medically enrolled employees also have the opportunity to complete rewardable activities and be entered into random drawings throughout the year after achieving 150 points.

Group	Activity	Points	Program Dates
Wellness Credit Activities	• Complete RealAge Test ²	0/25	12/1/22 – 11/17/23
	• 1Parsons “Live Well. Be Well.” Program Introduction Video ²	0/10	12/1/22 – 11/17/23
 Physical	• 1Physical Well-being Intro Webinar	25	1/1/23 – 11/17/23
	• Jump Start Your Heart Challenge	50	2/1/23 – 2/28/23
	• 1Preventive Exam	25	12/1/22 – 11/17/23
	• 1Weight Watchers	25	12/1/22 – 11/17/23
 Emotional	• 1Emotional Well-being Intro Webinar	25	3/1/23 – 11/17/23
	• Live Mindfully Challenge	50	4/1/23 – 4/30/23
	• 1EAP Live & Work Well	25	12/1/22 – 11/17/23
	• 1Workday Learning	25	12/1/22 – 11/17/23
 Financial	• 1Financial Well-being Intro Webinar	25	5/1/23 – 11/17/23
	• Budgeting Challenge	50	5/1/23 – 6/30/23
	• 1Create a Budget	25	12/1/22 – 11/17/23
	• 1Attend a Financial Webinar	25	12/1/22 – 11/17/23
 Community	• 1Community Well-being Webinar	25	8/1/23 – 11/17/23
	• Step It Up Team Step Challenge	50	9/1/23 – 9/30/23
	• 1Charity/Volunteer Event	25	12/1/22 – 11/17/23
	• 1Parsons Gives Back	25	12/1/22 – 11/17/23
 Social	• 1Social Well-being Intro Webinar	25	9/1/23 – 9/30/23
	• Give Thanks Challenge	50	12/1/22 – 11/17/23
	• 1Wellness Wednesday Coffee Talks	5/25	12/1/22 – 11/17/23

¹Self-attestation submission.

²Required for medically enrolled employees to earn \$30/month Wellness Credit and to be eligible to earn \$150 and entries into quarterly drawings.

Questions? Contact Sharecare at support.you.sharecare.com or call 855-203-5506.

