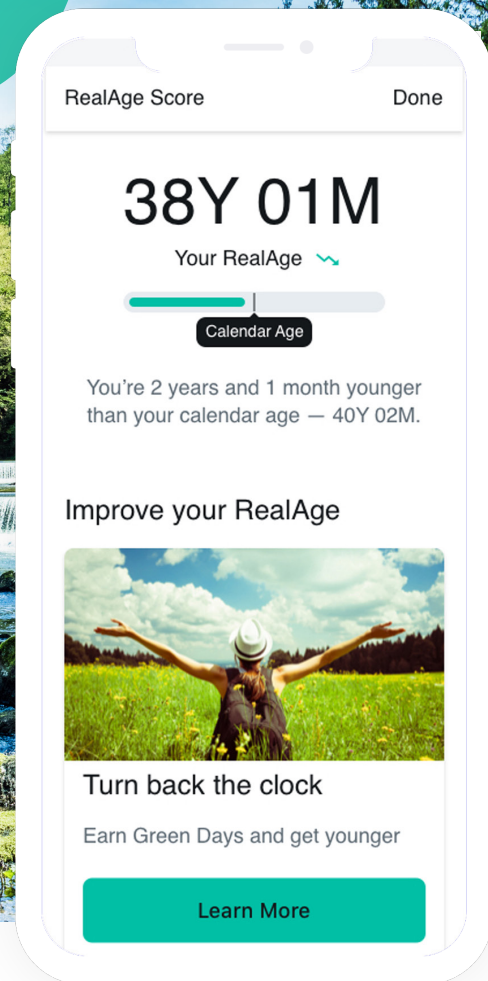




# Your wellness journey starts here



## Meet Sharecare

Sharecare, a partner of the **Parsons Live Well. Be Well.** program, is a digital health solution that helps you manage all of your health in one place. You can receive personalized insights, information, daily tracking, innovative programs, and one-of-a-kind tools to help you live a healthier life, no matter where you are in your health journey.

Sharecare helps you learn what to do to be healthier. From eating better to fitness tips to stress relief, Sharecare recommends simple things to do every day, and reminds you to do them.

## Benefits

- Access to personalized, expert-driven articles, resources, videos and more
- Tools to help you establish or reinforce healthy habits
- Easy to use platform features that provide access to health care resources you need, when you need it
- Real time tracking of health progress
- Securely store all your health information in one place

# Features



## RealAge® Test

How old are you – really? Sharecare's RealAge Test is a scientifically-based assessment that shows you the true age of the body you're living in based on your behaviors and existing conditions.



## Lifestyle coaching

Reach your wellness goals by talking to a health coach at your convenience and on your timeline. Your health coach can give you expert advice and insights to help you eat healthier, exercise more, lose weight, quit smoking or vaping, and manage stress. You can enroll online or by phone starting in December. Lifestyle coaching is only available to Parsons employees.



## Personalized timeline

When you open Sharecare, once you complete your RealAge Test, you can scroll through your timeline for personalized and relevant tips, recommendations, topics, articles and videos. The more you use your timeline, the more personalized it will become.



## Green day trackers

Sharecare created green day trackers that monitor the core health factors that influence your health the most. Each key health factor is rated on a color scale from green to red, and your goal is to be "in the green" for the majority of the trackers per each calendar day to earn a green day.



## Challenges

Sharecare challenges leverage green day trackers to make it fun and easy for you to stay on track to improve your health and lower your RealAge. Join us for some friendly competition to see how you stack up against other challenge participants.



## Health profile

Your Sharecare profile is a living, breathing, evolving story of your health. You can securely store and access all your biometrics and health data in your profile. Rest assured that your personal health information is not shared with Parsons and is kept private and secure.



## Benefits hub

Rather than navigate many websites and documents, you can review and use all of your benefits in one place.



## Wallet

The Sharecare Wallet provides a digital space to consolidate and access your benefits and savings cards – all in one place.



## Rewards

Earn points for engaging in your health and completing health enhancing activities. Points translate into cash rewards, drawings, and a medical premium reduction. Rewards are only available to Parsons employees.



## Unwinding by Sharecare

This mindfulness-based guided digital program is designed to help you better understand how your mind works, reduce stress, and build healthier habits through daily practices.

Live Well. Be Well. powered by Sharecare is available at no cost to all regular Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a Parsons medical plan.

## Results in action

*"Sharecare gave me the confidence to finally talk to my doctor about my concerns, and it re-energized my focus on my health!"*

*"I really appreciate this program. It has helped me put my life back on the right track."*

Questions? Call 855-203-5506.