

O sharecare

These instructions will help any Windstream employees and spouses who are enrolled in a Windstream Medical Plan who register and create an account on the *Be Balanced* Sharecare platform, to opt out of Sharecare platform emails.

Members will go to https://windstream.sharecare.com/, and create an account by clicking Get Started Today!

Be Balanced 💓

@ sharecare		
	Welcome Aboard!	
	At Windsteam, we realize that simple, everyday choices have the power to impact our arek-being. That is why we encourage you to participate in the <u>enhanced</u> fie Ralanced Program and make your everyday choices count toward your well-being.	
	Get Started Today!	
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Complete registration by:

• Entering your first, last name, gender, date of birth, email, preferred password and employee ID.

PLEASE NOTE:

- First and last name must be entered as they appear on your HR paperwork, or on your medical ID card.
- Your zip code is the zip code associated with your home address.
- Spouses should register with the employee's ID.
- Spouses will have their own account and will need to register and complete the activities separately.
- Read and agree to the terms and conditions and GINA acknowledgement.
- Click Get Started Today!

On this page click, Take the RealAge test.



During the RealAge test, there will be a question:

Would you like to receive email about your RealAge and other personalized information from Sharecare—makers of the RealAge test? You can change your mind at any time.

Select "**NO**" and you will automatically opt out of further Sharecare portal email communications until the 2020 *Be Balanced* program.

You will still receive emails regarding important deadlines.



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First Nerw FTWDSTCNVCKGFRIPSZUN Leit Nerw LTWDSTCNYCKGFRIPSZUN		Please provide the employee ID to you covered spouse as it will be needed to complete registration.	
Gender			
Male		DGQA391007	
Date of Brits 01/01/1977 Postal Code	(MM/DD/1111)	I authorize and agree to GINA Acknowledges	
19973 County USA Ional ann.dana@sharecare.com		GPA Authorization 1 understand that information about my content or paid health builds calibrated by Sharman, while the second Authorized Departments, my majorana to the field April and on the second or planetasis. Information or the second or planetasis information 'under the Genetic Information Neurodecentration Act/CNAL Unexpense.	
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		1099A Authorization to the and Docker Information Lauthorize Mansare, Inc., In subsidiaries, anappere, Sansare, and legal manametations ("Descare") to sense any generated hardt information from the amplique queues of my more ababilities me hardth when all measure.	
		By velocing Get Started Indey', Legree to periopse the Enterprise Program, subject to the <u>Startey</u> Pr <u>Prior</u> and <u>Energy</u> . This may receive and institute advise and other notices from Starteyers. This all any time.	
	Get Start	ed Today!	

Following the completion of the RealAge test, if you find that the amount of email communications you receive from the *Be Balanced* Sharecare portal is too frequent, you also have the ability to opt out on the HOME page, by clicking the Settings button (bottom left).



Once on the Setting page, click on the "Email Subscriptions" link on the left hand tool bar.

A	Settings	
V		
Q	Account	
	Tracker	ACCOUNT
V	Email Subscriptions	ann.dana@sharecare.com
Θ	About Us	
	Legal 🔨	
	Terms of Use	
	Privacy Policy	FTWDSTCNYCKGFFBPSZUN
	Help	LTWDSTCNYCKGFFBPSZUN
	Sian out	Malo
		January 1, 1977
\$	2 Download on the	
		Edit Change Password

Select: "I don't want to receive notifications", to unsubscribe from future emails. Please allow up to 10 business days to process your request.

