

Be Balanced Welcome to your Be Balanced program

You and your medically enrolled spouse now have access to a personalized wellness program built for you. This is your *Be Balanced* program brought to you by Windstream in partnership with Sharecare. Now is the time to explore all this program has to offer. Use this guide to get started.



Register and log in to your new portal by going to <https://windstream.sharecare.com/>

Click "Get Started Today!"

All users must re-register in 2019.

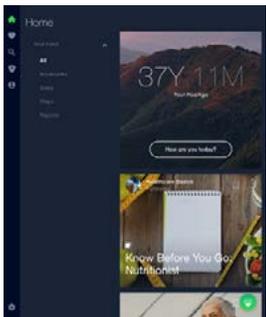
Enter your first, last name, gender, and date of birth, email, preferred password, **and your employee ID without the 'E'. Spouse's will use the employee's ID.**

First and last name must be entered as they appear on your HR paperwork, or on your medical ID card.

Enter your zip code, which is the zip code associated with your home address.

Read and agree to the GINA consent and terms and conditions.

Click CREATE AN ACCOUNT



When you log in, you will see your timeline cards. The RealAge test is located at the top. It's ok to complete the RealAge test before you complete your biometric screening.

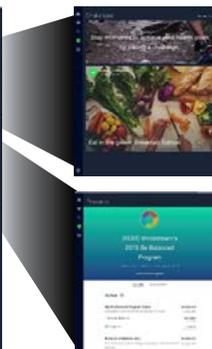
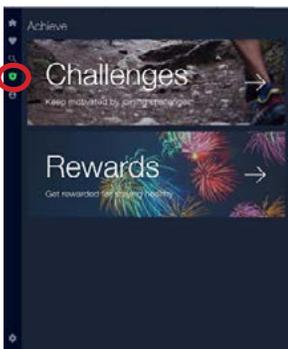
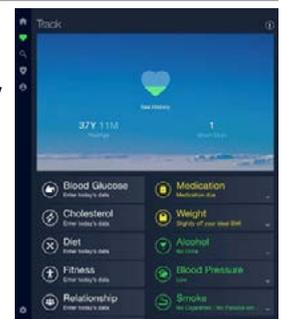
The first time you complete the RealAge test will count toward one goal to avoid the surcharge.

Feel free to re-take the RealAge test throughout the year to see how your healthy habits lower your age.

[REALAGE FAQ](#)

Your new Be Balanced page makes it easy to track your health and gives you the flexibility to focus on different goals each day. Get 8 health factors in the green by reaching your goals, and you can earn green days that lower your RealAge.

[GREEN DAY FAQ](#)



Join a Challenge to help you focus on a goal. Challenges will be held in March, April and October.

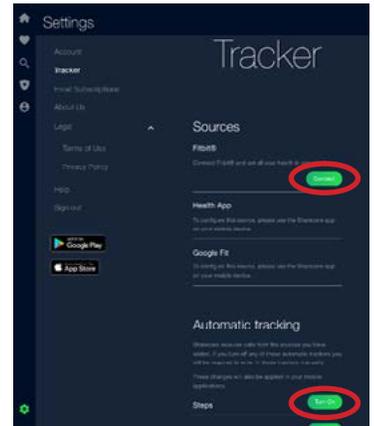
You can check your completion status of the RealAge test and Biometric Screening on your Rewards page.

[REALAGE FAQ](#) | [BIOMETRIC FAQ](#)

If you are participating in the Quitnet Tobacco Cessation program, you can see your progress here as well.

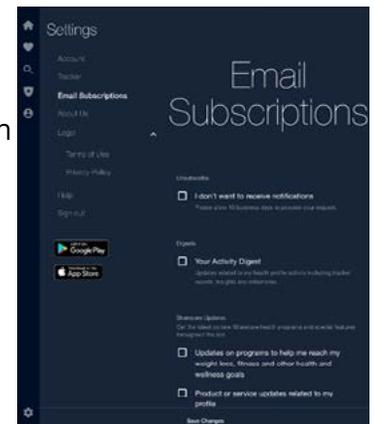
Linking a tracker can help you earn Green Days and will make challenge participation simpler. To link a tracker, click on the “Settings” button at the bottom of your page and follow the instructions.

[LINK TRACKER FAQ](#)



You can also manage the educational emails you receive from Be Balanced through the “Settings” button. If you turn off notifications, you will still receive important reminders about deadlines and surcharges.

[TO OPT OUT FAQ](#)



Once you have registered, you can download the Sharecare App from your app store.

Be sure you register on your computer first, or your activity will not count toward your goals to avoid the surcharge.



Employees and spouses who are on a Windstream medical plan should complete a biometric screening and RealAge test by May 31, to avoid a \$500 surcharge.

For more information on completing your screening, visit windstreambenefits.com/be-balanced-screening/

If you have any questions or experience issues when registering, contact Sharecare at 877.502.8791.