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## How To Opt Back Into Be Balanced Program Communications

## Log into your Be Balanced account at Windstream.Sharecare.com



From the Home Page, click on the SETTINGS icon.





Be Balanced

From the settings page, click on EMAIL SUBSCRIPTIONS.

On this page, you can identify which communications you want to receive. You have the options to opt-in or opt-out of these specific communications and determine the frequency as well:

- I don't want to receive notifications; Please allow 10 business days to process your request.
- Your Activity Digest; Updates related to my health profile activity including tracker reports, insights and milestones.
- Get the latest on new Sharecare health programs and special features throughout the site.
- · Updates on programs to help me reach my weight loss, fitness and other health and wellness goals
- Newsletters; Find weekly news, tips and recipes to help you get fit, lose weight and stay healthy.
- Health Tips; Take your health to the next level with easy, do-today trips from our experts. (Once a week, twice a week).
  Video Tips
- My Conditions (The latest tips from the editors to help you manage your conditions.)
- Personalized Emails (Learn the latest on health topics that interest you the most, based on your answers to the RealAge Test.)
- Notifications: I have new health tracker activity such as reports, insights and status updates and/or, I have messages from my employer or health insurance provider.