

2027 Partners for Health Wellness Program

Partners for Health and Sharecare have created a wellness program to help you live a healthier and happier life. Employees, spouses, adult dependents and retirees enrolled in medical insurance through Partners for Health can use wellness resources at no cost. Eligible members can also earn incentives by completing healthy activities.

Take the RealAge® Test

The RealAge Test shows your body's true age based on your eating habits, exercise, sleep and health conditions (required to unlock incentives).

Get a Biometric Screening

Choose from four ways to complete a biometric screening to help find health risks early.

Work with a Health Coach or Access Digital Programs

- Get personalized support to help you reach your health goals.
- Programs are available for:
 - Healthy lifestyle changes
 - Managing chronic conditions
 - Preventing or managing Type 2 diabetes
 - Weight management
 - Reducing stress and anxiety

Join Wellness Challenges

- Sharecare challenges make staying healthy fun and easy.
- In 2027, five challenges will focus on:
 - Purpose
 - Physical Health
 - Financial Wellness
 - Community
 - Emotional Wellness

Earn Up to \$500 Per Household

- Active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health are eligible to earn up to \$250 (\$500 per household).
- New for 2027:

The Unwinding Anxiety program can earn eligible members up to \$100.

The five wellness challenges can now earn up to \$125 (\$25 per challenge completed).

Get Started

Visit the Partners for Health [Wellness Program website](#) to begin your journey to better health.

Please review plan details carefully.

If there are any differences between the information contained here and the certificate/plan document, the information in the certificate/plan document takes precedence.