



Get the most out of being a CareFirst Member with the Scale Back Lifestyle Change Program

Available through Sharecare*, the Scale Back Lifestyle Change Program is an interactive, telemedicine-based lifestyle change program offered at no additional cost. With the Scale Back Lifestyle Change Program, participants get a 12-month program consisting of:

- ☀ 26 interactive lessons
- ☀ Support and guidance from a personal health coach
- ☀ Tools and resources for your weight loss success – including a free digital scale
- ☀ Encouragement from fellow group members who are on a journey to better health
- ☀ If you fully participate in two sessions over four weeks, you can receive a free Fitbit to help you track your physical activity, sleep patterns, and more

If you don't already have a Sharecare account, use the link below to learn how to get started.

Once logged into your Sharecare account, click on the *Achieve* section, then *Programs*. Then select *Prevent Diabetes* to take an assessment and get started.

(For instructions, access the Sharecare – Getting Started Flyer or the Sharecare – Scale Back Lifestyle Change Program Flyer on the S Drive at <S:\Human Resources\Wellness> or the Calvert County Government website at <https://www.calvertcountymd.gov/2759/Wellness>.)

*Sharecare, Inc. is an independent company that provides health improvement management services to CareFirst members.