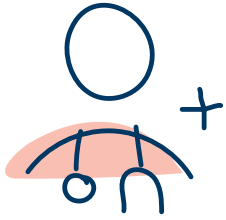


# Wellness





#### BEST DOCTORS®

## Expert consultations from top doctors.

Talk to a case manager who can help confirm a diagnosis when you're facing a difficult health condition.

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#### HEALTH COACHES

## Personalized support for health goals.

Looking to lose weight? Quit smoking? Be more active? A wellness coach can create a personalized plan for you, right over the phone, on your schedule. Sessions are free and confidential.

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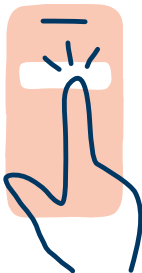


#### BABY BLUEPRINTS®

## Pregnancy advice, answers, and support.

Our maternity education program for mom-to-be questions and over-the-phone support from a nurse health coach that's available at no additional cost. Call **1-866-918-5267** to enroll.

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#### SHARECARE®

## Say hello to your online health and wellness hub.

Find out your RealAge®, track your health habits, and monitor sleep, stress, and fitness — in real time. Visit [mycare.sharecare.com](https://mycare.sharecare.com).

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