

Best Health
your best. your health. your way.



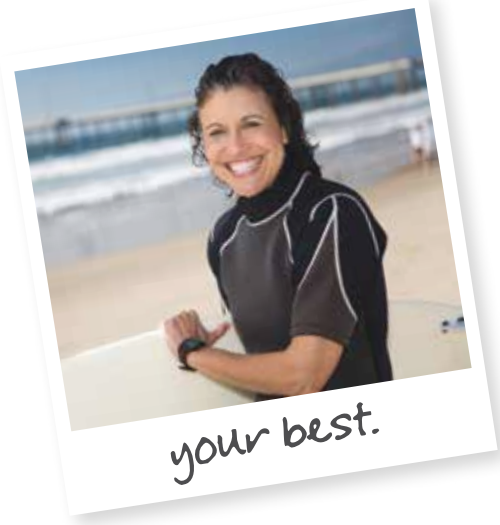
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**Wellness Program for
Sharp Health Plan Members**



Best Health

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Best Health is a comprehensive wellness program available to all Sharp Health Plan members. Offering robust online wellness tools, interactive workshops, one-on-one health coaching and more, Best Health provides you with all the resources to reach your own unique wellness goals. Go ahead, live in best health!

your best.

Be your best. There is only one you. You can do it — go ahead, reach your full potential and feel great inside and out.

your health.

Acknowledging where you are with your health and where you want to go is the foundation of being your best. Self-awareness, knowledge and action will fuel your journey.

your way.

We all have a unique path to best health and an opportunity to commit and recommit to how we want to live. Your journey to best health begins now. Doing it your way is essential to reaching your personal destinations.

How Healthy Are You?

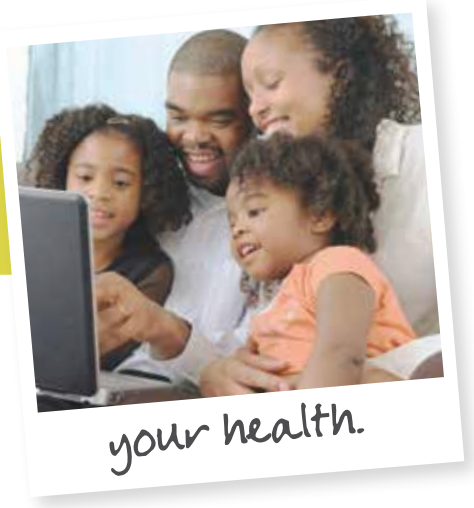
Complete the personal Health Assessment — a key to your custom Best Health experience.

Take your Health Assessment online to identify opportunities for improving your health, get a baseline for measuring your progress and access resources that are customized to your individual needs.

1. Log in to www.SharpHealthPlan.com.
2. Click on the Best Health tab to set up your account.
3. Complete your Health Assessment; it takes just 15 minutes or less.
4. Receive a personalized report and recommendations for your journey to best health.

Get started today at SharpHealthPlan.com.

Your Customized 24/7 Resource for Best Health



Get healthy with online interactive tools and resources

Best Health Online offers comprehensive resources to plan, track and follow a customized health and fitness plan. With a vast database of recipes, exercise plans and Wellness Workshops, you can choose the tools that work for your own healthy lifestyle.

Fitness routines and exercise tools

- Get the benefits of a personal trainer without the cost. Choose from a variety of multi-week fitness plans or create your own.
- Learn new exercises with video demonstrations that show you all the right moves.
- Use the Cardio Log to track activities ranging from boxing to gardening to dancing to yoga — the choice is yours.

Nutritional guidance

- Create customized meal plans — with a printable shopping list — based on your nutritional needs.
- Track calories using your personal food log.
- Choose from thousands of healthy recipes in our online database.

Health trackers

- Stay on top of your health goals by tracking your weight, body measurements and heart rate.
- Manage risk factors like blood pressure, cholesterol and more.
- Celebrate your progress toward best health with weekly, monthly or longer-term reports.

Health library

- Get tips and recommendations to improve your overall well-being.
- Access articles and video clips on health and wellness topics.
- Learn about medical conditions and surgical procedures.

Wellness workshops

- Choose from a variety of workshops on topics like nutrition, work/life balance or better managing a health condition.
- Learn on your own time, at your own pace.
- Complete interactive activities to help increase your health IQ.

Visit www.SharpHealthPlan.com today and enjoy a healthier tomorrow!

One-on-One Health Coaching

Are you ready for a change? Make a commitment today with a personal health coach.

During a 30-minute phone session, Sharp Health Plan members can work with a Best Health coach who will address your needs and help you make a positive change. Best Health Coaching offers six week programs in five areas.

Coaching programs include:

- Healthy weight management (BMI of 25+ required to enroll)
- Smoking cessation
- Healthy eating
- Physical activity
- Stress management

Health coaching sessions are available 7 a.m. – 7 p.m., Monday to Friday. To learn more about Best Health Coaching, call 1-877-849-2363 or email besthealth@sharp.com.



your way.

Wellness Discounts*

Wellness product discounts

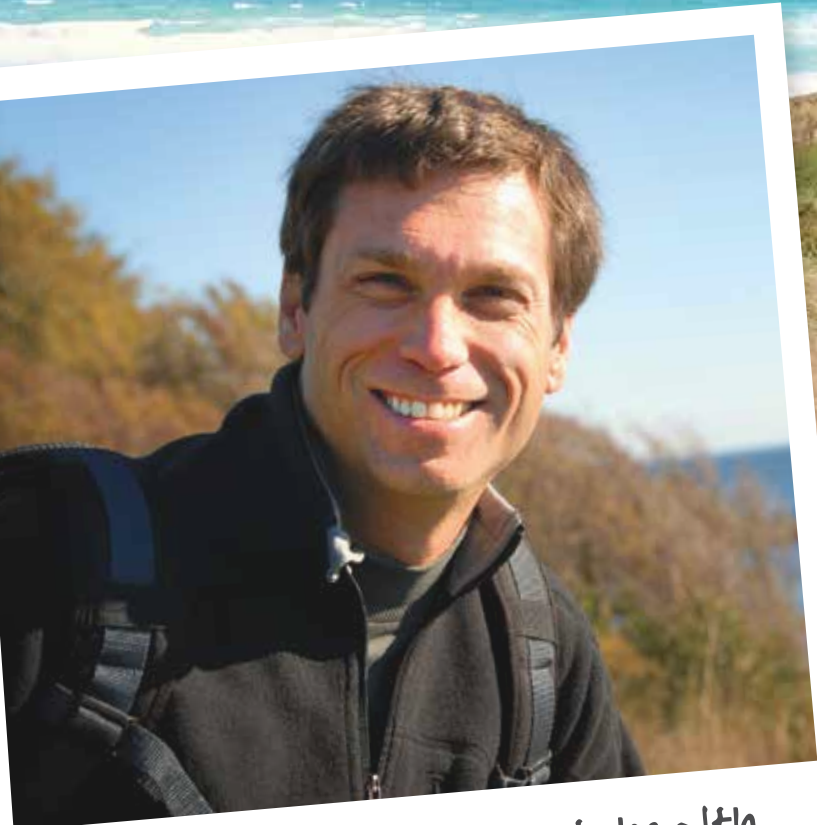
Sharp Health Plan members can receive discounts of 15 to 40 percent off suggested retail prices on more than 2,400 health and wellness products including vitamins, herbal supplements, health-related books, fitness products and skin care items.

Alternative care discounts

Discounts of up to 25 percent off standard rates are available for Sharp Health Plan members on alternative care services from an extensive, credentialed network of chiropractors, acupuncturists, massage therapists and dieticians — all of whom you may visit directly, without a physician referral.

For assistance in locating an alternative care provider or ordering wellness products, call 1-877-335-2746.

* The Sharp Health Plan wellness product discounts and alternative care discount offerings are administered by American Specialty Health Networks, Inc. (ASH Networks) and its affiliate Healthyroads, Inc. The program is not insurance and it is not a covered benefit of your medical health plan. If you have access to any of these services as covered benefits under another plan or policy, you should exhaust those benefits before using these discounts. Your costs for these services do not count toward your deductible or out-of-pocket maximum through Sharp Health Plan. Any disputes regarding these products and services may be subject to Sharp Health Plan's and/or American Specialty Health Network's grievance process.



Your journey to best health starts here.



Your journey to best health starts here — www.SharpHealthPlan.com.

For information on other member services, call a Sharp Health Plan Customer Care team member at **(858) 499-8300** or **1-800-359-2002**.

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Sharp HealthCare