



HealthyYou

Your all new 2023 HealthyYou well-being program is here!



Overview of 2023 Sharecare well-being resources and incentives

Ingredion has partnered with Sharecare to help you live your happiest, healthiest and most productive life. You have access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, you can earn your annual incentives by completing healthy activities.

Take the first steps now

1. **Visit ingredion.sharecare.com** to register and create a user ID and password.
2. **Take your RealAge® Test** as guided through the Sharecare platform. If you've already registered for Sharecare, simply log in and re-take the RealAge test.
3. **Download the Sharecare app** to your mobile device or tablet from the App Store or Google Play.
4. **Pursue your best life and earn green days** using tools and resources from Sharecare.
5. **Check out the reverse page** for activities, challenges and incentives!

More about Sharecare's tools and resources

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a healthier life – whether you have a long way to go or you want to reach the next level.

Take the RealAge Test.

The RealAge Test within Sharecare will reveal your body's true age based on your eating, exercise and sleep habits, behaviors and existing conditions.

Ingredion offers FREE biometric health screenings!

When you know your numbers, you'll be able to see where your health stands today and where you can make improvements for a healthier future. Plus, if you complete your Biometric Screening and RealAge Test you will earn up to 200 points and qualify for additional incentive opportunities with Ingredion's 2023 HealthyYou wellness program.

Leverage your health profile.

Sharecare creates a personalized experience and profile for you with actionable recommendations so you can start improving your RealAge immediately. You'll also be able to store and access your key biometrics and health profile data.

Earn your green days.

Sharecare makes it easy to track your health and record your progress in one place – from your fitness and steps to your eating, stress, sleep and more. When 8 of the 13 health factors are green on a given day, you earn a green day, which can help lower your RealAge.

2023 Ingredion HealthyYou Well-Being Program Incentive Activities

Group Name	Activity	Start Date	End Date	Rewards
RealAge Test and Biometric Health Screening	Complete the RealAge Test	1/1/23	12/31/23	Medically enrolled employees and spouses earn up to 200 points.
	Biometric Screening	1/1/23	11/1/23	Non-medically enrolled employees earn up to 100 points.
Physical Well-Being	Complete the Jump Start Your Heart Challenge	2/1/23	2/28/23	25 points
	Complete your RealAge Program	1/1/23	12/31/23	25 points
	Complete the Diabetes Self-Management Education Program	1/1/23	12/31/23	15 points
	Complete a Movement Mini-Program	1/1/23	12/31/23	10 points
	Complete a Preventive Exam	1/1/23	12/31/23	5 points
Mental Well-Being	Complete the Snooze Soundly Challenge	5/1/23	5/31/23	25 points
	Complete 3 Lifestyle Management Coaching Calls	1/1/23	12/31/23	25 points
	Complete a Sleep Mini-Program	1/1/23	12/31/23	15 points
	Download the Sharecare App	1/1/23	12/31/23	10 points
	Read “A Daily Schedule for Building Resilience” article	1/1/23	12/31/23	5 points
Social Well-Being	Complete the Level Up Team Step Challenge	8/1/23	8/31/23	25 points
	Complete a Peer-to-Peer Challenge	1/1/23	12/31/23	25 points
	Complete a Mental Strength Mini-Program	1/1/23	12/31/23	15 points
	Engage with Sharecare five times in 2023	1/1/23	12/31/23	10 points
	Read “How Relationships Influence your Health” article	1/1/23	12/31/23	5 points

2023 Ingreption HealthyYou Well-Being Program Incentive Activities

Group Name	Activity	Start Date	End Date	Rewards
Financial Well-Being	Complete the Live Mindfully Challenge	11/1/23	11/30/23	25 points
	Complete the Financial Health Assessment	1/1/23	12/31/23	25 points
	Complete a Breathe and Relax Mini-Program	1/1/23	12/31/23	15 points
	Add an item to your Wallet	1/1/23	12/31/23	10 points
	Watch “3 Simple Ways to Improve your Finances” video	1/1/23	12/31/23	5 points

Note: You must register for Sharecare at ingredion.sharecare.com before downloading the app in order to unlock the benefits available to all Ingreption benefits-eligible employees or to receive credit for your incentive activities.

Have peace of mind with Sharecare and your privacy.

We take privacy and security very seriously. Sharecare will never share your personal data with Ingreption or anyone without your permission.

Questions? Contact Sharecare at support.you.sharecare.com or call 855-429-7313.



 sharecare



Employees on the Ingreption medical plan must complete your Biometric Screening and RealAge Test first to earn 200 points and qualify for additional incentive opportunities with Ingreption's 2023 HealthyYou wellness program. Employees not on the Ingreption medical plan earn a total of 100 points. You must be registered at ingredion.sharecare.com before downloading the app in order to unlock the benefits available to all eligible Ingreption employees. © 2023 Sharecare, Inc. All rights reserved.