

Wellness program

Best Health is a comprehensive wellness program available to all Sharp Health Plan members at no extra cost. Offering robust online wellness tools, interactive workshops, one-on-one health coaching and more, Best Health provides resources you can use to reach your health goals. Visit yourbesthealth.com to learn more.

Wellness Assessment

The first step to getting healthy and staying healthy is to complete your Wellness Assessment online. Your Wellness Assessment will help you identify opportunities for improving your health, get a baseline for measuring your progress and access resources that are customized to your individual needs. You can also share your results with your doctor.

Wellness & Health Promotion accreditation

Best Health is one of a select group of health plan wellness programs to receive national accreditation from the NCQA.



Tools and resources overview



Personal health coaching

- Get personalized, one-on-one coaching from Nationally Board Certified Health Coaches.
- Join simple, 30-minute sessions over the phone for six weeks.



Fitness and wellness discounts

- Access 10,000+ participating fitness centers nationwide for \$25 a month through the Active&Fit Direct™ Program (plus a one-time enrollment fee and applicable taxes).
- Get discounts on fitness products and specialty health practitioner services.
- Stream hundreds of fitness classes in the convenience of your own home with Studio SWEAT onDemand® and enjoy over 50% off the regular subscription fee.



Mobile app

- Access your favorite trackers and tools.
- Manage risk factors like blood pressure and cholesterol.
- Complete your Wellness Assessment.



Healthy eating plans

- Create healthier, personalized meal plans.
- Track calories using your personal food log.



Exercise tools

- Choose from a variety of fitness plans or create your own.
- Track exercise progress online by connecting to your wearable fitness device or app.



Wellness workshops

- Learn about nutrition, work-life balance and more.
- Complete interactive activities to increase your health IQ.

