

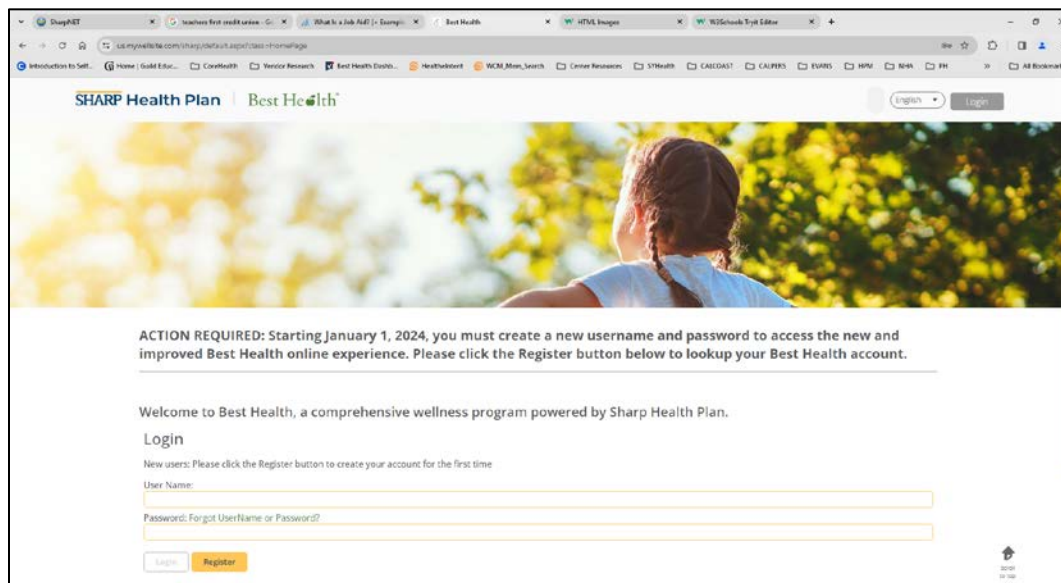
Best Health Website Registration Guide 2024

SDPEBA Members

Welcome to Best Health! Starting February 1, 2024, all new and returning users must create a new username and password to access the new and improved Best Health online experience.

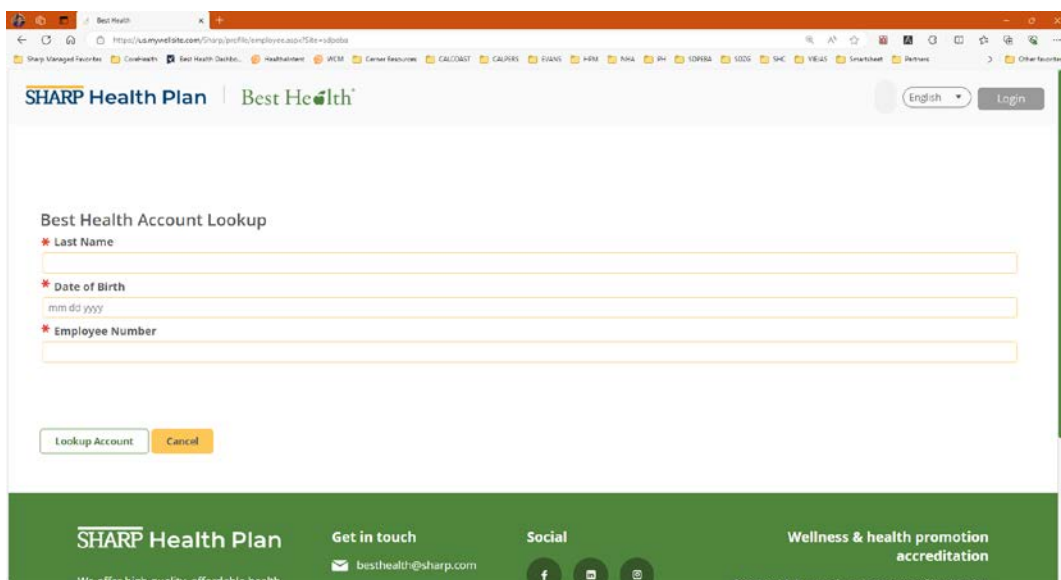
This guide describes the steps for registering as a first time user on any desktop browser or mobile device browser.

1. Visit www.yourbesthealth.com/sdpeba. Click **Register**.



The screenshot shows the Best Health website interface. At the top, there's a navigation bar with the SHARP Health Plan and Best Health logos, a language dropdown set to English, and a Login button. Below the navigation bar is a large banner image of a person looking out at a sunny, leafy background. Underneath the banner, a message states: "ACTION REQUIRED: Starting January 1, 2024, you must create a new username and password to access the new and improved Best Health online experience. Please click the Register button below to lookup your Best Health account." Below this message, it says "Welcome to Best Health, a comprehensive wellness program powered by Sharp Health Plan." and "Login". A note for new users says: "New users: Please click the Register button to create your account for the first time". There are two input fields: "User Name:" and "Password: Forgot UserName or Password?". At the bottom of these fields are "Login" and "Register" buttons.

2. Enter required fields. Click **Lookup Account**.



The screenshot shows the Best Health website interface for account lookup. At the top, there's a navigation bar with the SHARP Health Plan and Best Health logos, a language dropdown set to English, and a Login button. Below the navigation bar is a section titled "Best Health Account Lookup". It contains three required input fields: "Last Name", "Date of Birth" (with a hint "mm dd yyyy"), and "Employee Number". At the bottom of these fields are "Lookup Account" and "Cancel" buttons. The footer of the page is green and contains the SHARP Health Plan logo, "Get in touch" with the email besthealth@sharp.com, "Social" media icons for Facebook, Twitter, and Instagram, and "Wellness & health promotion accreditation" text.

3. Review consent language. Click box to consent and click **OK**.

The screenshot shows the SHARP Health Plan Best Health website. The header includes the logo and navigation links: home, assessment, coaching, tracking, education, resources, and a user profile icon. Below the header, there is a 'Consent' section with a checkbox and the following text: 'I have read and agree to the CoreHealth Software License and CoreHealth Privacy Policy. I also understand that by using the CoreHealth website I am granting consent to use my personal and health data for the purposes of the intended programs. This CoreHealth website is offered as part of the Sharp Health Plan's Best Health Program and is all governed by the Sharp Health Plan's Terms of Use and the Privacy Policy, which I have read and agree to.' Below this text are two buttons: 'OK' and 'Cancel'. The footer contains the SHARP Health Plan logo, contact information (besthealth@sharp.com, 1-877-849-2363), social media links, and accreditation information from the National Committee for Quality Assurance (NCQA). It also includes copyright information for 2023 CoreHealth Technologies Inc. and links to Terms of Use, Privacy Policy, Sharp Health Plan Terms of Use, and Sharp Health Plan Privacy Policy.

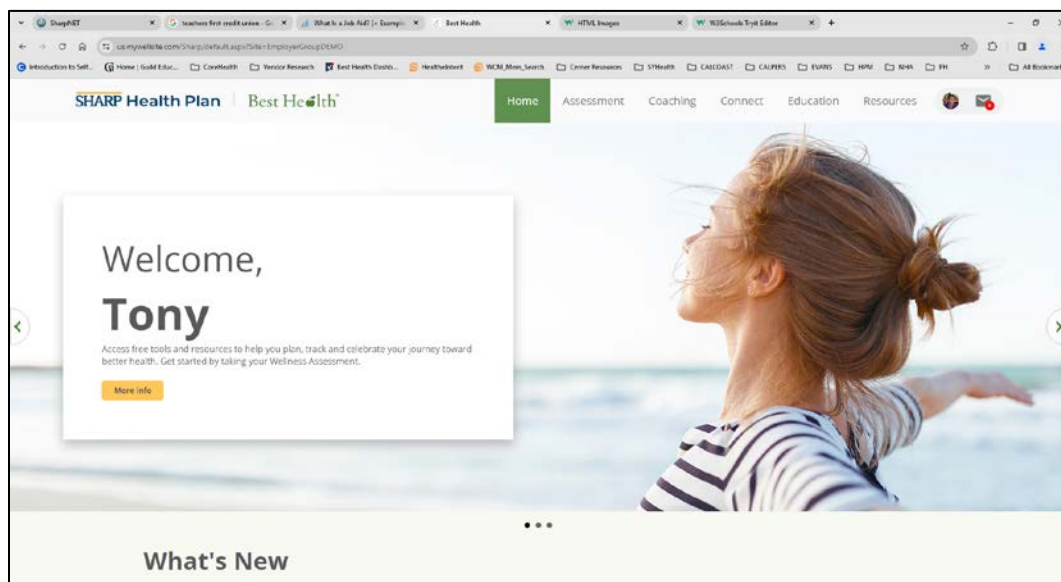
4. Create username, password, and complete required fields. Click **Save**.

The screenshot shows the SHARP Health Plan Best Health website with the user profile creation form. The form is titled 'User Profile' and includes the following sections: 'Contact' with fields for First Name, Last Name, Email, and Phone; 'Address' with fields for Street, City, State, and Zip; 'Work' with fields for Company Name, Department, and Job Title; 'Emergency Contact' with fields for Name, Relationship, and Phone; 'Consent' with a checkbox and text: 'I have read and agree to the CoreHealth Software License and CoreHealth Privacy Policy. I also understand that by using the CoreHealth website I am granting consent to use my personal and health data for the purposes of the intended programs. This CoreHealth website is offered as part of the Sharp Health Plan's Best Health Program and is all governed by the Sharp Health Plan's Terms of Use and the Privacy Policy, which I have read and agree to.'; 'Login' with fields for Username and Password; 'Profile' with fields for First Name, Last Name, and Email; 'Medical History' with a dropdown for Medical History and a checkbox for 'Do you want to receive updates and program information through email?'; and 'Medical History' with a dropdown for Medical History and a checkbox for 'Do you want to receive updates and program information through email?'. At the bottom of the form is a 'Save' button.

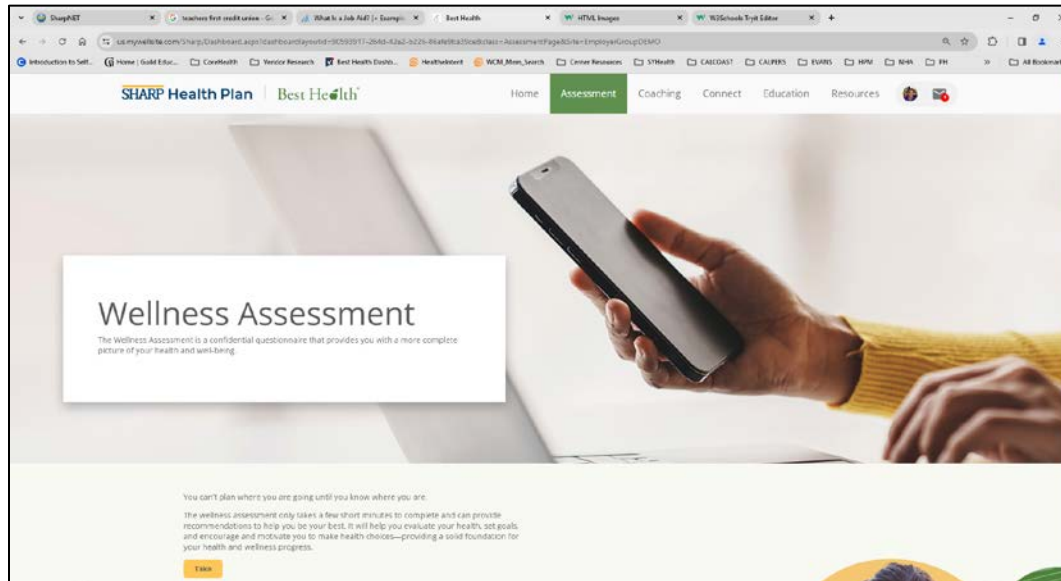
5. You will see a brief interest survey. Complete the survey and click **Finish**.

The screenshot shows a web browser window with multiple tabs. The active tab is titled 'Best Health' and displays a survey titled 'Welcome to Best Health!'. The survey asks, 'What would you like to focus on to improve your health and wellbeing?'. Below this question is a list of options with checkboxes: 'Healthy Weight', 'Mental Health', 'Nutrition', 'Physical Activity', 'Preventive Health', 'Sleep Health', 'Tobacco & Nicotine Exposure', 'No Preference', and 'Other'. The 'Mental Health' and 'Sleep Health' options are selected. Below the list is another question: 'Would you like more information about our free health coaching program to support you in reaching your health and wellbeing goals?'. This question has two radio button options: 'Yes' and 'No'. The 'Yes' option is selected. At the bottom left of the survey form is a yellow button labeled 'Finish'.

6. Your homepage will appear.



7. To maximize your Best Health experience, we encourage completing your Wellness Assessment. Click on **Assessment** in the top navigation. Click **Take**.



The wellness assessment only takes a few short minutes to complete and can provide recommendations to help you be your best self. It will help you evaluate your health, set goals, and encourage you to make healthy choices—providing a solid foundation for your health and wellness progress.

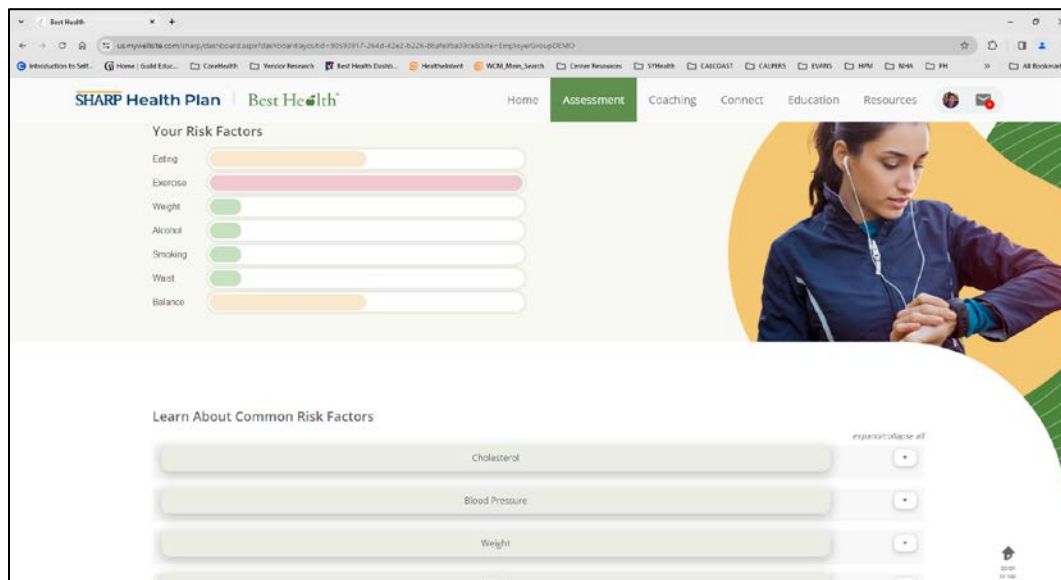
8. Complete questions on each page then click **Next** at the bottom of each page. Questions marked with an asterisk are required to proceed.

A screenshot of the SHARP Health Plan Best Health website showing the "Lifestyle questionnaire" page. The page has a white background with a green header. The main content area is titled "Lifestyle questionnaire" and includes a "General Information" section. A note states: "Please note: All questions with a * are required." The questionnaire contains several questions with radio button or dropdown answers: "What was your biological sex at birth?" (Female, Male), "What is your birth date? (MM/DD/YYYY)" (8/13/1972), "Do you smoke?" (Yes, No), "Do you drink alcohol?" (Yes, No), "Do you ever have more than 4 drinks in one day?" (Yes, No), "How many drinks do you typically have in one week?" (5), "Do you have diabetes?" (Yes, No), and "Are you being treated for high blood pressure?" (Yes, No). At the bottom left are "Next" and "Done" buttons. The top navigation bar is the same as in the previous screenshot, with "Assessment" highlighted.

9. On the last page of the assessment click **Finish**.

The screenshot shows a web browser displaying the 'Lifestyle questionnaire' for the SHARP Health Plan. The page is titled 'Lifestyle questionnaire' and includes a sub-header 'Non-medical factors that influence health'. There are ten numbered questions, each with radio button options for 'Yes', 'No', or 'Not sure'. The questions cover topics such as financial stress, utility payments, housing, childcare, doctor visits, health care access, hospital materials, apartment safety, and a summary question about the user's responses. At the bottom of the questionnaire, there are two buttons: 'Previous' and 'Next'.

10. Your results will be displayed. You may learn more about your risk factors and areas for growth by clicking on the general **expanded arrow icon** categories (i.e., cholesterol, blood pressure, etc.) or the **expand/collapse all** icons for details within a category.



11. Explore other areas of the Best Health website for a variety of wellbeing resources and tools to help you reach your wellbeing goals.

If you have any questions, please contact us at besthealth@sharp.com.