



Best Health[®]

Wellness program

Best Health is a comprehensive wellness program available to all employees/Sharp Health Plan members at no extra cost. The program is one of a select group of health plan wellness programs to receive national accreditation from the NCQA. Offering robust online wellness tools, interactive learning modules, one-on-one health coaching and more, Best Health provides resources you can use to reach your health goals. Visit yourbesthealth.com or download the Best Health app to learn more.



Tools and resources



Coaching and support

- Get free personalized, one-on-one coaching in a six-week, phone-based program
- Make positive changes during weekly 30-minute sessions with our Nationally Board-Certified Health Coaches
- Define your personal goals and co-create an action plan to eat healthier, increase physical activity, manage stress, quit tobacco use or achieve a healthy weight
- Connect with our local Best Health team members to support your wellness journey



Mobile app and portal

- Complete your Wellness Assessment and receive customized recommendations from the Wellness Advisor
- Build your Wellness To-Do List to promote action and self-accountability
- Engage in a variety of Learning Modules to increase your health IQ and build skills in healthy eating, sleep, emotional well-being, exercise and more



Fitness and well-being discounts

- Save 15-50% on wellness products through ChooseHealthy
- Stream hundreds of fitness classes with Studio SWEAT onDemand® for \$9 per month (50% off the regular subscription fee)
- Access 10,000+ participating fitness centers nationwide for \$29.99 a month through the Active&Fit Direct™ Program (plus a one-time enrollment fee and applicable taxes)

Your Journey to Best Health starts here!

Visit yourbesthealth.com or contact the Best Health team at besthealth@sharp.com or 1-877-849-2363 to learn more.

