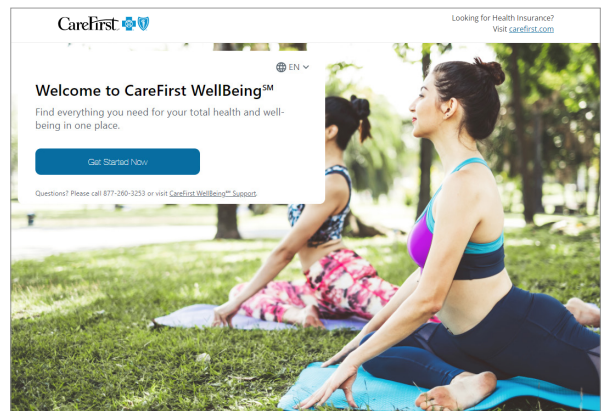
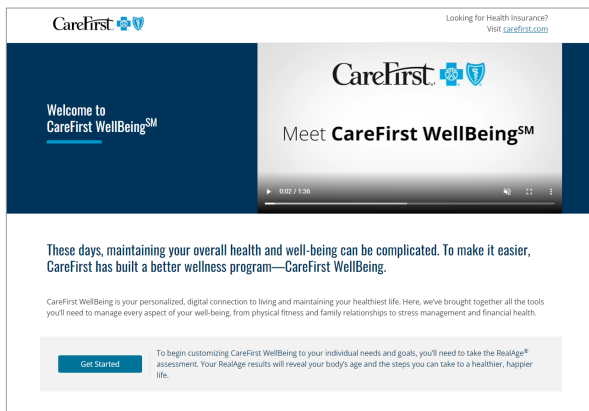




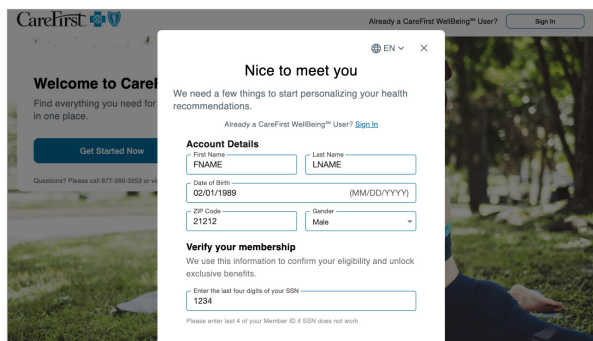
# Download Better Health Today

## How to register for CareFirst WellBeing<sup>SM</sup>

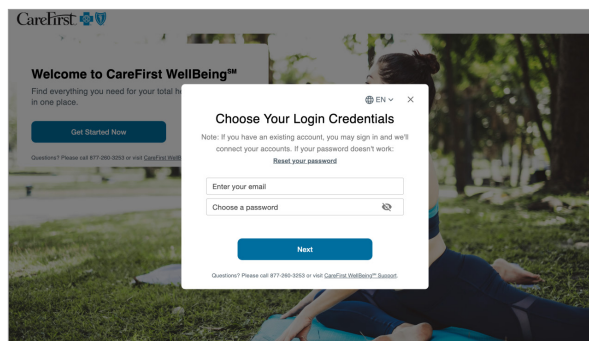
- 1 Using your desktop, visit [carefirst.com/wellbeing](https://carefirst.com/wellbeing) and click **Get Started**.
- 2 From the welcome page, click **Get Started Now**.



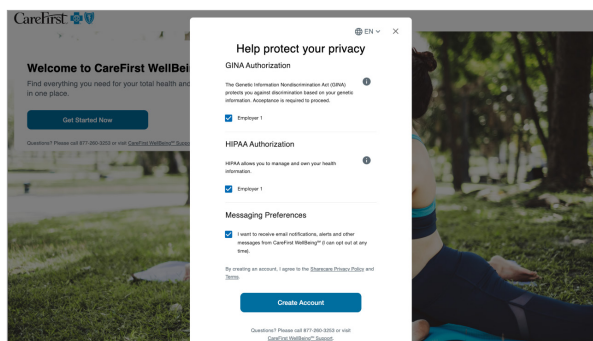
3 Complete the required fields then click **Next**.



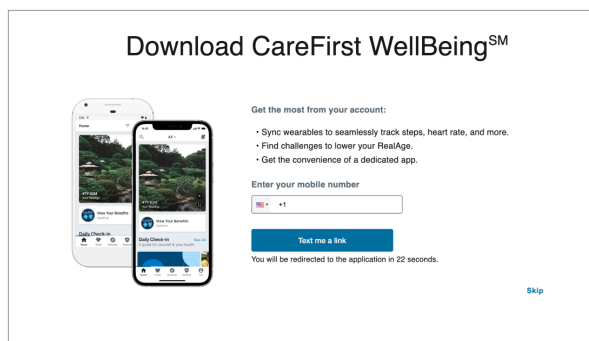
4 Choose your login credentials and click **Next**.



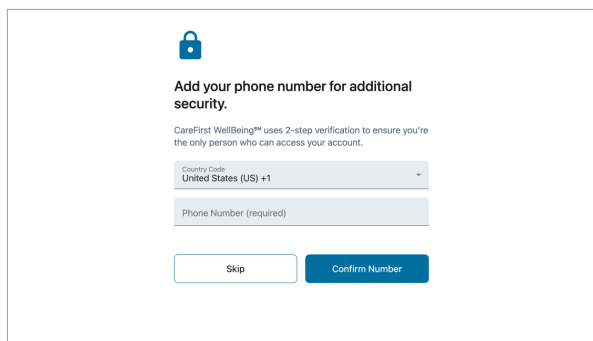
5 Acknowledge your authorizations and messaging preferences. Then click **Create Account**.



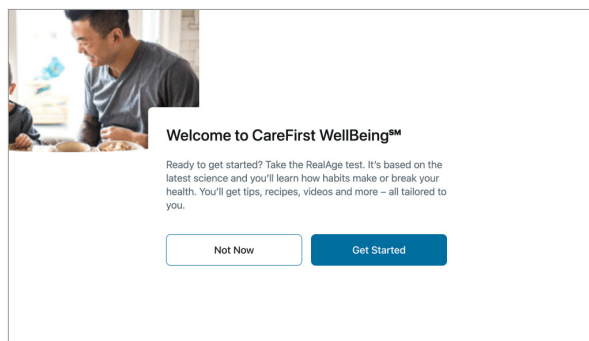
6 Enter your mobile phone number to receive a text with a link to download the CareFirst WellBeing app.



7 Add your phone number. As an additional layer of account security, CareFirst WellBeing features multi-factor authentication (2-step verification). First-time sign-in will require a 6-digit verification code. Verification is available via email, SMS, or voice (mobile or landline).



8 Click **Get Started** to start exploring CareFirst WellBeing or launch the RealAge assessment.



For more information, contact CareFirst WellBeing Customer Support at **877-260-3253**.

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