

CareFirst WellBeing Resource Guide

We are dedicated to supporting your health and wellbeing. This guide provides an overview of the well-being services **available to Fairfax County Public Schools employees, spouses, and dependents over 18 benefited with CareFirst as of January 1, 2026**. To learn more and get started visit: carefirst.com/wellbeing.

We recommend downloading the CareFirst WellBeing app and opting in to receive text messages (You > Settings > Communications > Text Messages) to stay up to date.

Health & Fitness	
Offering	Description
Personal Health Coaching — One-on-one support	Coaching to help you stay motivated, better manage your lifestyle behaviors and achieve long- and short-term health goals, including disease management. Get started by calling 877-260-3253.
Noom — A mindful approach to managing your weight	A self-paced program to develop and maintain healthy eating and physical activity habits and lower your risk for certain health conditions like diabetes.
Eat Right Now ® — Create habits for healthy weight management	A 12-month structured approach to help you identify eating triggers and ride out cravings to change eating patterns.
Craving to Quit ® — Quit tobacco	Kick the tobacco habit for good using behavior-change tools and techniques to make quitting easier.
Virtual Physical Therapy Program — Powered by Sword®	Virtual physical therapy program connecting members to exercises with real-time feedback technology, as well as doctors of physical therapy for an ultra-personalized approach.
Diabetes Virtual Care Program — Powered by Omada®	With support from a dedicated care team and smart tracking tools, you'll make lasting changes at your own pace. The program provides day-to-day support that complements your doctor's treatment.
CloseKnit™ — Virtual-first care	Access to 365/24/7 virtual primary and urgent care, behavioral health, nutritional and breastfeeding support. Regular co-pay covers video visits. Messaging with your care team is free.
Relax & Reset	
Offering	Description
Unwinding — Control stress and unwanted behaviors	On-demand, in-the-moment tools to deal with stress, anxiety, overeating, anger and more.

<u>Inspirations</u> — Improve focus, sleep and relaxation	Engage with on-demand videos to lower your stress.
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Money & More

Offering	Description
<u>SmartDollar</u> ® — Financial well-being	Conquer debt and start saving with SmartDollar. Learn how to take small steps to get out of debt, save for retirement or stop living paycheck to paycheck.
<u>Blue365</u> — Member discount program	Save money just by being a CareFirst member with Blue365. Access exclusive health and wellness discounts and savings from leading national and local companies.
<u>Blue Rewards</u> — Earn rewards for healthy behaviors (<i>benefited employees only</i>)	Earn \$100 for completing your RealAge AND *health screening or annual exam! Activities must be completed between January 1, 2026, and November 30, 2026 , to earn the tax-imputed reward, which can be spent on gift cards or merchandise. <i>Please allow 4-6 weeks to see your reward. The reward also must be redeemed by December 15, 2026, or you will forfeit it.</i>

Additional Resources

Trackers—connect your wearable devices or enter your own data to monitor daily habits like sleep, steps, nutrition and more

Personalized health timeline—receive content and programs tailored to you

Challenges—stay motivated by joining a challenge to make achieving your health goals more entertaining

Health Profile—access your health data like biometric and lab results, vaccine information and medications, all in one place

*CareFirst subscribers can get a screening with your primary care provider (PCP), at a Quest Patient Service Center, at a CVS MinuteClinic, or at an onsite health screening event. If completed at a Quest Patient Service Center, CVS MinuteClinic in MD/DC/VA, or onsite event, your data will be electronically sent to CareFirst. If completed with your PCP or on a Kaiser Permanente Mobile Health Van, you will need to download the physician form to be able to enter your results manually. If completed as your annual exam, your data will be sent electronically to CareFirst.