



**PARTNERS  
FOR HEALTH**

**sharecare**

# Explore the Sharecare App

*Tap into the power of better health.*

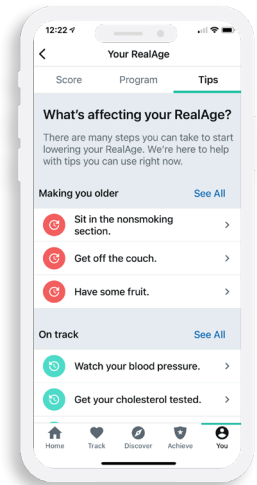
The app encourages every user to make small healthy improvements, which add up to big benefits. Here's what we've got to offer.



## Discover your RealAge

Learn how old your body thinks you are.

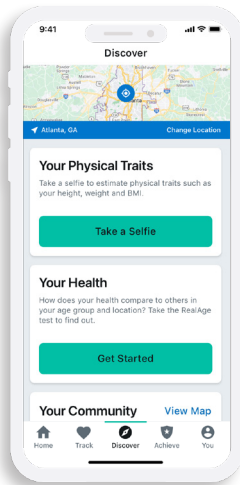
Get custom tips to lower your RealAge over time, so you can live longer, better.



## Stay up to date

Go to **Discover**.


Learn how your community affects your health and how your actions can boost your well-being.

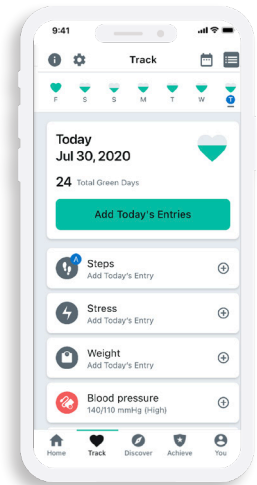


## Track your habits

Go to **Track**.

Enter your health data, such as steps, sleep, stress and more to start earning green days.

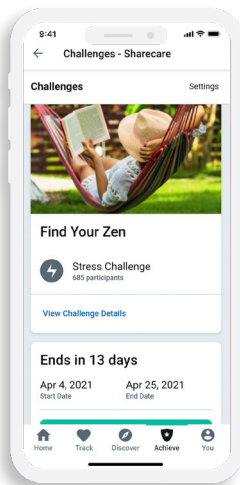
Go to  to connect your fitness device for automatic tracking!



## Achieve a goal

Go to **Achieve**.

Explore the many features available here, from coaching to guided programs and challenges.

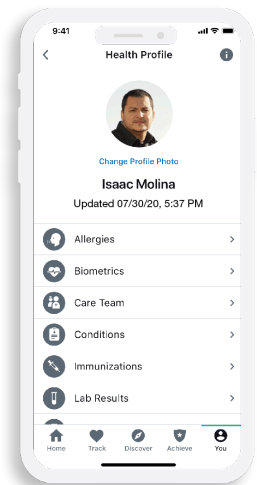


## Manage your health profile + benefits

Go to **You**.

Access your health profile and all your benefits in one place.

Plus, build a care team, view your claims and store your ID cards.



For more information, call **888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT** or visit [sharecare.com/tnwellness](https://sharecare.com/tnwellness) to learn more.

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