

PARTNERS FOR HEAL

RealAge

Learn how old your body thinks

you are.

Get custom tips to lower your RealAge over time, so you can

live longer, better.

⊘sharecare



<	Your RealAge				
Sci	ore	Program	Tip	s	
Wha	t's affec	ting you	ur RealA	ge?	
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0	Watch your blood pressure.			>	
0	Get your cholesterol tested.			>	
Home	W Track	Discover	O Achieve	e	







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!



Conditions M Immunizations Lab Results A θ

Explore the

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.

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Take a Selfic

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Your Physical Traits

Your Health



Find Your Zen

G Stress Challenge Ends in 13 days Apr 4, 2021 Apr 25, 2021

Achieve a goal

Stay up to date

Go to Discover.

Learn how your community

affects your health and how

your actions can boost your

well-being.

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.

Get started with Sharecare beginning Jan. 1, 2024.

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