



Explore the Sharecare App

Tap into the power of better health.

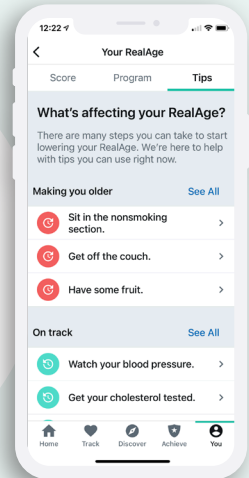
The app encourages every user to make small healthy improvements, which add up to big benefits. Here's what we've got to offer.



Discover your RealAge

Learn how old your body thinks you are.

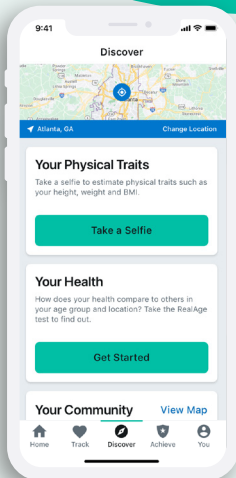
Get custom tips to lower your RealAge over time, so you can live longer, better.



Stay up to date

Go to **Discover**.

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

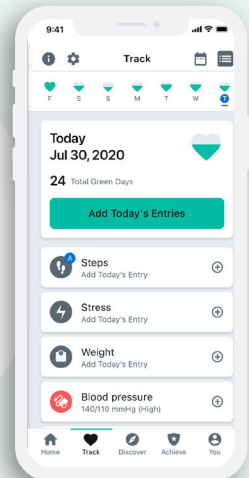


Track your habits

Go to **Track**.

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

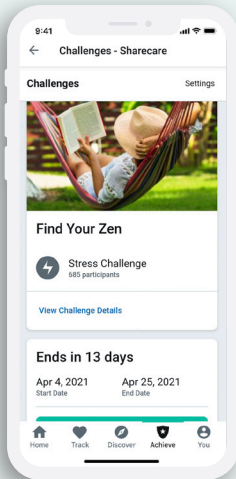
Go to to connect your fitness device for automatic tracking!



Achieve a goal

Go to **Achieve**.

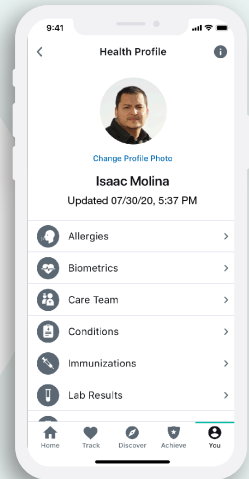
Explore the many features available here, from coaching to guided programs and challenges.



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.



Get started with Sharecare beginning Jan. 1, 2024.

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