



Jumpstart Your Heart Challenge

Focus on a healthier you this month for the chance to receive a prize!



The **Jump Start Your Heart Challenge** runs from July 1, 2024 - July 31, 2024. Improve your cardiovascular health by exercising more, stressing less, getting adequate sleep and eating a nutritious diet.

The goal

Update at least one of your trackers to be in the green between July 1 - July 31, 2024 to meet the challenge goal.

How the challenge works

1. Log in to your Sharecare account or register at stateoftn.sharecare.com.
2. Find **Challenges** under the **Achieve** icon.
3. Look for **Jumpstart your Heart** and click **Join**.
4. Update at least **one of your trackers to be in the green for 21 days in July**.



How to update a tracker

If you've taken your RealAge Test and your mobile phone or wearable fitness tracker is linked with Sharecare, several of your daily health factors will automatically update. To manually update your trackers, sign into Sharecare, select **Track** and the day you would like to input your healthy activities. Select each of the relevant health trackers and enter your information for that day. Note: You can earn a green day when 8 of the 13 health factor goals are met or turn green!

Enter the giveaway

The first 100 people to meet the challenge goal will receive **wireless headphones!**

Have questions? Call 888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT or visit sharecare.com/tnwellness/quarterly-challenges/ to learn more.

Sharecare, Inc. is an independent company that provides health improvement and wellness services for the Partners for Health Wellness Program. Information provided by Sharecare is not a substitute for the advice or recommendations of your health care provider.

