healthylifestyles

Live in the Green Challenge

Grow younger this February.

Don't let colder weather get in the way of your wellness goals! February is the perfect time to reset your body, mind and spirit before spring arrives. How will you take control of your health this winter? Challenge yourself to improve your nutrition, fitness, sleep, stress, relationships and more by joining the **Live in the Green Challenge**. Aim to track 10 green days this month to help your RealAge grow younger... and get rewarded too!

The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 10 green days between February 1 and February 29 to meet the challenge goal.

How the challenge works

1. Log in to your Sharecare account or register at **myhealthylifestyles.sharecare.com**.
2. Find **Challenges** under the **Achieve** icon.
3. Look for **Live in the Green Challenge** and click **Join Challenge**.
4. Start living in the green – earn at least 10 green days by February 29.

How to track green days

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. When 8 of the 13 health factor goals are met or turn green, you've earned a green day!

Tell me more about the reward!

When you complete the **Healthy Plate Challenge** goal, you'll earn 1,000 points, redeemable for rewards in the Sharecare Marketplace. Points can be redeemed at **myhealthylifestyles.sharecare.com** by selecting **Achieve** then **Rewards**.

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Have questions? Call **877-252-8410** to learn more or visit **myhealthylifestyles.sharecare.com**.