

healthylifestyles

Jump Start Your Heart

Grow younger this month.



It's heart health month! Make time to prioritize your cardiovascular health this month by exercising more, stressing less, getting adequate sleep, and eating a nutritious diet to earn green days in the Sharecare platform. When you **achieve 10 green days** from February 1 – 28, you'll complete the **Jump Start Your Heart Challenge** and **earn 1,000 points** that can be redeemed for a prize in the Sharecare Marketplace! It's a win-win.

The goal

Update your trackers daily. When 8 of 13 health trackers are in the green, you score a green day! Earn 10 green days between February 1, 2023 and February 28, 2023 to meet the challenge goal.

How the challenge works

1. Log in to your Sharecare account or register at myhealthylifestyles.sharecare.com.
2. Select **Achieve**, then **Challenges**.
3. Select **Jump Start Your Heart** and **Join**.
4. Start living in the green – track 10 green days by February 28th.

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. Be sure to sync your device daily with its corresponding app for seamless, automatic input of your activity. 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.

Tell me more about the rewards

When you complete the challenge goal, you'll earn 1,000 points, redeemable for rewards in the Marketplace. Points can be redeemed at myhealthylifestyles.sharecare.com or via the Sharecare app (after registration).



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

