

Simple Peace Mindfulness Challenge FAQs




What is the Simple Peace Mindfulness Challenge?

Meditation is a mindfulness technique that trains your attention and awareness to achieve a calm and stable state. It can help you lower stress, improve focus, and make you feel more connected to those around you. Join the **Simple Peace Mindfulness Challenge** for the motivation you need to begin or maintain this rewarding practice. When you practice and track your mindfulness for at least seven days between May 1 and May 31, you'll earn rewards!

What's the challenge goal and how do I track my meditation?

After joining the challenge, visit the **Simple Peace Mindfulness Challenge** page. You'll be asked whether you practiced meditation that day. If you set aside time to meditate that day, answer "Yes" to this question. Practice and track your meditation within the challenge page at least seven times during the month of May to meet the goal.

How do I join the challenge?

1. Register for an account or log in at myhealthylifestyles.sharecare.com
2. Find **Challenges** under the  **Achieve** icon
3. Look for the **Simple Peace Mindfulness Challenge** and click **Join**
4. Track your daily mindfulness directly on the challenge page. When you self-attest to practicing meditation at least seven days in May, you'll earn **1,000 points!**

Tell me more about the reward!

When you complete the **Simple Peace Mindfulness 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**.



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