

RealAge Reminder

Members will need to retake the RealAge® assessment and sign up for the challenges for the new fiscal year. Please review the Sharecare Fitness Incentive Instructions as a reminder of the process.



Health goals designed for you, by you

With nothing but time on our hands, now is a great time to focus on your health, and the RealAge® program can help. It'll help you set small goals based on your RealAge test — maybe less stress or more sleep is what your body craves. Or maybe it's more activity and better nutrition. The RealAge program helps you identify and then target those areas using small goals. Pick one, pick 'em all. It's up to you.

Answer a few quick questions to zero in on your focus areas. Then, each week you'll get a suggested goal — and action steps to help you meet it. You'll also receive progress reports each week to keep you motivated. Couldn't be easier. And it's all part of your health plan, so there is no additional cost to participate.

Log in to Sharecare today.



RealAge Reminder

Members will need to retake the RealAge® assessment and sign up for the challenges for the new fiscal year. Please review the Sharecare Fitness Incentive Instructions as a reminder of the process.