

# Earn green days. Lower your RealAge®.



## How green days work

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a longer, healthier life – whether you have a long way to go or you want to reach the next level.

### What are green days?

Green days are the health currency that Sharecare uses to measure your progress. Earning them contributes to a reduction in your RealAge, the benchmark for measuring your health with Sharecare.

### What health factors

There are 13 health factors you can track progress toward including: weight, stress, tobacco use, sleep, relationships, medications, exercise, diet, cholesterol, blood pressure, steps, glucose and alcohol. A health factor is “green” if you complete the indicated measure. For instance, achieving 7 hours of sleep earns a “green” for the sleep factor.

### How many factors does it take to earn a green day?

When any 8 of the 13 health factors are green on any given day, you earn a green day.

### How does daily “in the green” tracking work?

Some RealAge health trackers like steps and sleep allow for automatic updates, connecting via your device sensors. Some, like diet, require manual entry. Other trackers, which don’t require daily input for most users, can be customized. It takes just a few seconds each day to update your key health factors and track the days you’re “in the green.”

### Why should I use the trackers?

Trackers are a great way to monitor your daily habits and start living a healthier life. Sharecare helps you track the core health factors that influence your health the most and gives you real-time feedback for making better choices.

### How many green days do I need to improve my RealAge?

After you earn 60 green days within a 90-day window, you will be prompted to recalculate your RealAge to see how you’ve improved your health over that time period. The level of improvement will depend on your starting point and progression using Sharecare.

## Have questions?

Call 855-430-5277 to learn more, or visit [healthnetoregon.sharecare.com](http://healthnetoregon.sharecare.com).