

RealAge® Program

Small steps towards lasting change



What is the RealAge Program?

It's time to lower your RealAge and improve your health! Taking the first step in any lifestyle change can be difficult. The RealAge Program is our comprehensive healthy behavior program personalized to help you identify your highest lifestyle risks and how to improve them. Depending on your health goals, choose from one of the following programs.

Select a program



Stress

Breathe easier and grow younger



Sleep

It's time to get some shut-eye



Nutrition

Eat smarter and healthier



Activity

Get moving and feel energized

Improve your well-being

Depending on your health goals, choose from one of the following programs: stress, sleep, nutrition or activity. Successfully track and meet the normative goal (in the green) at least 4 days per week, for three weeks to complete the program. The weeks do not have to be consecutive.

Get started

Stay motivated, earn points, and get healthy! It's easy to enroll: after registering for an account at **healthnetoregon.sharecare.com** and taking the RealAge Test, select "You" and "RealAge Program." Then select from one of the program options to lower your RealAge and improve your wellness! Be sure to download the Sharecare app to track your health on the go!



Learn more at
healthnetoregon.sharecare.com.

