

Feel Younger, Grow Stronger



RealAge[®] Program

Small steps towards lasting change

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 – and earn rewards!

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

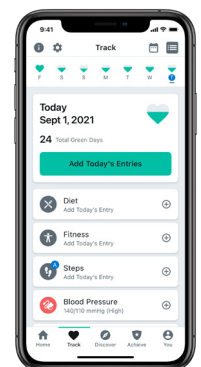
Improve your well-being and earn points

Choose one of the RealAge Program categories on the left and begin tracking your results. You must track one program within the *Be Well SHBP* Sharecare platform for a minimum of 4 days per week (Sunday - Saturday), for 3 weeks. All 3 weeks must be completed to receive credit.

Upon successful completion of the RealAge Program, you will earn **120 points**. Although you can participate in the program multiple times, you will only earn points one time during the program year.

Get started

Stay motivated, earn points, and get healthy! It's easy to enroll: register for an account at BeWellSHBP.com/RealAge and take 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!



BeWellSHBP.com • 1-888-616-6411 (Monday - Friday, 8 am - 8 pm ET)