Nutrition Challenges

Give your diet a boost! Complete and track a well-balanced diet for 21 days during one of the Nutrition Challenges offered in March, June, or September.

A poor diet can expand your waistline, increase cancer risk and lead to heart disease. Shape up your plate by challenging yourself to boost your intake of fruits, veggies, lean proteins, whole grains and healthy fats and start eating in the green!

The goal

Update your diet tracker daily. Then, stay in the green by eating well-balanced healthy meals for at least 21 days during the challenge period to complete the Nutrition Challenge (offered in March, June, and September 2023).

How the challenge works

1. Log in to your Sharecare account or register at **BeWellSHBP.com/diet**.
2. Select the **Achieve** icon, then click on **Challenges**.
3. Join Challenge.
4. Track a healthy diet for at least 21 days during the month.

How do I track my diet?

Log in to the Sharecare app to update your trackers each day. To update your diet tracker, select **Track**, then select **Diet**. To manually track, select your meal quality then select **Save**. You can also take or select a photo of your food and get food ratings for the day. Aim to stay in the green by eating well-balanced healthy meals.

Earn rewards

Keep your diet tracker in the green for at least 21 days during the challenge month and you will earn 40 points.

Have questions? Call **888-616-6411** to learn more or visit **www.BeWellSHBP.com/diet**.

Members must register and complete the RealAge® Test at BeWellSHBP.com prior to points being awarded for a Nutrition Challenge. Visit the Redemption Center at https://you.sharecare.com/rewards-program to see all the ways to earn points this year, and then click on the "Rewards" tab when you are ready to redeem your points for your choice of reward.

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