



# Earn green days. Lower your RealAge®. Enjoy your rewards!

## Complete a Green Day Challenge and Earn 40 points.\*

Sharecare and Be Well SHBP make it super easy to track your health and progress and give you the flexibility to focus on different goals each day as they fit into your lifestyle. Get certain health factors in the green by reaching your goals, and you can earn green days that lower your RealAge. Track 21 green days to complete the Green Day Challenge offered August 2025.

### 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 can I track?

There are 13 health factors you can track progress toward, including weight, blood pressure, cholesterol, stress, glucose, diet, sleep, steps, fitness, relationships, medications, and tobacco and alcohol use.

### How many trackers does it take to get 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. Plus, you can earn 40 points by completing a Green Day Challenge.

### How do I sign up for a Green Day Challenge and earn rewards?

Visit [BeWellSHBP.com/green](https://BeWellSHBP.com/green) (or through the app), navigate to “Achieve” and click on “Challenges”. Use the drop down menu to review current and upcoming challenges. You will earn 40 points after successful completion of the challenge in August.\*

\*Members must register and complete the RealAge Test at [BeWellSHBP.com](https://BeWellSHBP.com) prior to points being awarded for a Green Day 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.

### Have questions?

Call **888-616-6411** to learn more about the *Be Well SHBP* well-being program, or visit [www.BeWellSHBP.com/green](https://www.BeWellSHBP.com/green).