



Live Mindfully Challenge

KEEP CALM AND LIVE IN THE GREEN

Keeping track of your stress can help you identify things that cause your emotions to peak. Join the **Live Mindfully Challenge** and work on reducing your stress and living in the green. Meet the challenge goal to reward yourself with a sense of calm.

The goal

Track your stress for at least 21 days in April to meet the goal. To live in the green, answer “never” or “sometimes” when asked how often you experienced stress during your day.

How the challenge works

1. Log in to your Sharecare account or register at lahealthconnect.sharecare.com.
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Live Mindfully Challenge** and click **Join**.
4. Track your stress daily from April 1 to April 30.

How do I track my stress?

Each day, log in to the Sharecare app to update your trackers. To update your stress tracker select **Track**, then select **Stress**. You can track your stress by using your phone’s microphone and speaking into the app for 30 seconds. Sharecare will analyze your stress levels based on your voice. You can also elect to track your stress manually from the options presented.

Have questions?

Visit lahealthconnect.sharecare.com.

