Green Days: Jump Start Your Heart Challenge
GROW YOUNGER THIS SEASON.

How will you take control of your health this season While the end of summer and beginning of fall can bring good things like tailgating, potlucks and time with loved ones, it can all bring challenges like indulgent foods and higher stress levels. Aim to track 21 green days this August to help your RealAge grow younger.

The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 21 green days this August to meet the challenge goal.

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 **Jumpstart your Heart Challenge** and click **Join**.

4. Track at least 21 green days in August to meet the challenge goal.

How to track green days

If you've taken your RealAge Test and your mobile phone or wearable fitness tracker is linked with Sharecare, several of your daily health factors will automatically update. To manually update your trackers, sign into Sharecare, select **Track** and the day you would like to input your healthy activities. Select each of the relevant health trackers and enter your information for that day. When 8 of the 13 health factor goals are met or turn green, you've earned a green day!

Have questions?

Call **855-430-5272** to learn more or visit **lahealthconnect.sharecare.com**.