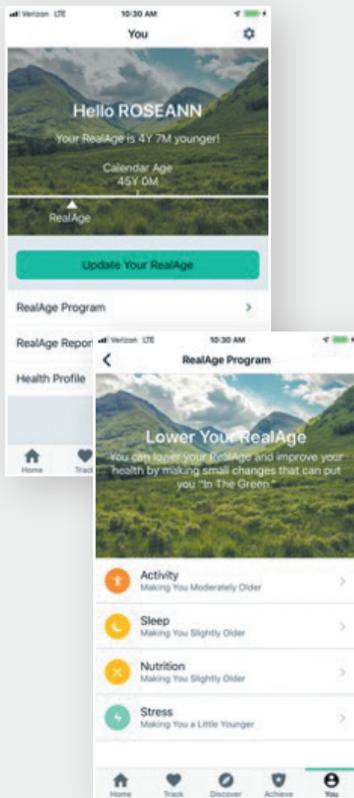




The RealAge® Program

Take Small Steps Toward Lasting Change



It's easy these days to slide into an unhealthy lifestyle. Our busy lives usually impact us in at least one of the four high-lifestyle-risk categories: stress, sleep, nutrition, and activity.

The best way to make real, lasting behavior changes is to start small. The RealAge program encourages you to take small action—establishing tiny habits—to build your confidence and lead you to achieving your goal. Pick a goal to work on: stress, sleep, nutrition, or activity. Get advice, helpful tips, personalized guidance and more from home on your phone or tablet.

REALAGE PROGRAM FEATURES:

Goal: Choose the recommended goal that is provided, or enter your own personal goal.

Barriers: Identify the current barriers to achieving your goal.

Action Steps: Choose actions to help you meet your goal.

Trackers: Track your progress for your selected focus area (nutrition, sleep, activity, or stress).

Health content: Access tips, videos, and articles and see your tracker progress from the timeline on the Homepage.



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Visit azblue.sharecare.com to get started.

GET STARTED:

1. Register at azblue.sharecare.com then download the Sharecare app.
2. Take the **RealAge test** to get scientific assessment of your body's true age. The four lifestyle areas in the RealAge Program will be color coded red, yellow or green, based on your RealAge test results.
3. Upon completion of the RealAge test, you'll see a button that says "Lower My RealAge." Simply click it to enroll in the RealAge program.

You'll see your color-coded risk level for each of the four lifestyle categories. Choose the category you want to enroll in. Then complete a four-question assessment to personalize the program.
4. If you want to revisit your RealAge program, go to the "You" section, click on "Your RealAge", and select "Program"

FREQUENTLY ASKED QUESTIONS

What habits will the RealAge program help me work on?

You can work on improving habits in one of four key lifestyle areas at a time—stress, sleep, nutrition, or activity. Your progress is measured in terms of improvement in the data recorded in the related tracker.



Track your progress using the relevant tracker at least four days per week to complete one week of participation.

Where do I find the tips and guidance for my selected focus area?

Click on "Tips" in the RealAge Program. You can also access personalized videos and articles related to the focus area you selected in your timeline on the homepage. This helpful health content is updated regularly, so check back often.

How long does the RealAge program last?

The length of time you spend in any category will be unique to you, based on your starting goal and how long it takes you to achieve positive progress.

How do I complete the RealAge program?

You complete the RealAge Program once you have met your weekly goal or you have been "in the green" for a minimum of four days per week for three weeks in a three month period. Once you have completed the RealAge program in one lifestyle area, you can set a goal in another lifestyle category.

How do I disenroll or change my focus?

The habit you are enrolled in will show at the top of the page. To discontinue the program or change your focus, click "Participating" and then "Leave" the program. You can then choose a new focus.

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