



Meet the healthier you.

OVERVIEW OF 2022 SHARECARE WELL-BEING RESOURCES AND INCENTIVES

Health Net has partnered with Sharecare to help you live your happiest, healthiest and most productive life. You have access to well-being resources to help keep your mind and body strong – at no cost to you.

Take the first steps now

1. Visit healthnet.sharecare.com to register and create a user ID and password.
2. Take your RealAge® Test as guided through the Sharecare platform.
3. Download the Sharecare app to your mobile device or tablet from the App Store or Google Play.
4. Pursue your best life and earn green days using tools and resources from Sharecare.
5. Check out the reverse page for your program offerings.

Note: You must register for Sharecare at healthnet.sharecare.com before downloading the app in order to unlock the benefits available to Health Net members or to receive credit for your incentive activities.

More about Sharecare's tools and resources

As a member of the Sharecare community, you get access to personalized tools and resources that help you understand your daily habits and live a healthier life – whether you have a long way to go or you want to reach the next level.

Take the RealAge Test.

The RealAge Test within Sharecare will reveal your body's true age based on your eating, exercise and sleep habits, behaviors and existing conditions.

Leverage your health profile.

Sharecare creates a personalized experience and profile for you with actionable recommendations so you can start improving your RealAge immediately. You'll also be able to store and access your key biometrics and health profile data.

Earn your green days.

Sharecare makes it easy to track your health and record your progress in one place – from your fitness and steps to your eating, stress, sleep and more. When 8 of the 13 health factors are green on a given day, you earn a green day, which can help lower your RealAge.

Questions? Contact Sharecare at support.you.sharecare.com.

