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# RealAge® Program

## FREQUENTLY ASKED QUESTIONS

### Overview

The RealAge Program is Sharecare’s comprehensive healthy behavior program targeting the 4 highest lifestyle risks — Stress, Sleep, Nutrition, and Activity. The program is personalized to you based on risk level for each lifestyle category and personal interest. It’s fully integrated with other features of the Sharecare platform, such as trackers, to drive sustained engagement and promote behavior change that can lead to a lower RealAge.

### Frequently asked questions

#### 1. How do I enroll in the RealAge Program?

Upon completion of the RealAge test, you will see a button to “Lower My RealAge.” Participation in the RealAge Program may begin upon clicking this button.

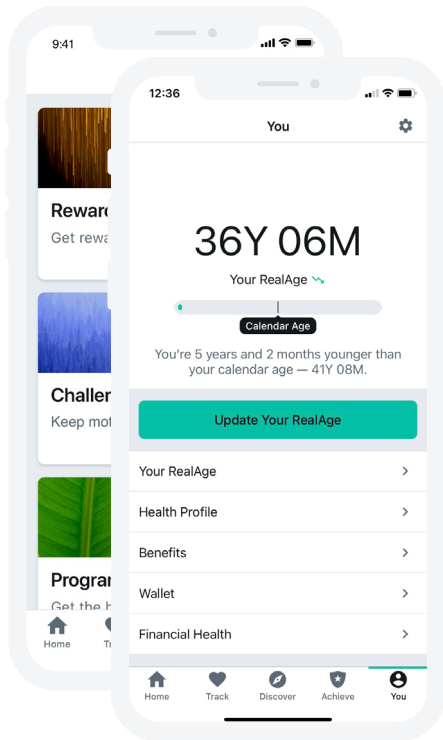
If you do not elect to enroll at this time, the RealAge Program will be prompted through the timeline to remind you to enroll at a later time.

#### 2. What habits can I focus on changing through participation in the RealAge Program?

You can work on improving your habits in one of four key lifestyle areas at a time – Sleep, Stress, Nutrition, or Activity. Progress is measured in terms of improvement in recorded data in the correlating tracker.

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### 3. How do I set up my RealAge Program?

Upon clicking the “Lower My RealAge” button in either the RealAge test, timeline card, or email, you will begin a short 4-question assessment to personalize your program.

The categories- Sleep, Stress, Nutrition, and Activity- are color coded for risk, with the highest risk category prioritized for you to maximize the impact on RealAge. However, you can choose any category you want to focus on.

You will be offered a weekly goal based on your RealAge test responses. The goal is recommended based on your current behavior. You will select from a list of barrier statements that provide insight into your current habits and lifestyle.

Finally, you will be presented with a list of small behaviors, “action steps,” that can be adopted as part of your daily routine that can directly overcome the barriers selected in the previous question. Once you select two or more action steps and complete the assessment, you have completed program set up and enrollment is complete. Great job!

### 4. How do I participate in the RealAge Program?

Once you choose a category and complete the 4-question assessment, you will be presented your Program page, which includes a weekly goal, normative goal, action steps and history.

Helpful resources and reminders will appear in the your timeline for accountability including Program information, weekly goal and action steps summaries, tip cards, and more.

You will track progress towards your goal through the “Track” feature of the Sharecare platform. You must track your progress in the relevant tracker a minimum of 4 days per week to complete a week of participation. Each week, you will receive a timeline card summarizing your progress for the week and prompting you to take action.

### 5. What is the duration of the RealAge Program?

There is not a fixed or standard duration for the RealAge Program.

Duration of participation in each category will be unique to each individual member and is based on your starting goal and how long it takes to achieve positive progress.