



# Healthier You Green Day Challenge

Kick off the season by making healthy choices, like exercising more, stressing less, getting adequate sleep and eating a nutritious diet. Track your progress and turn small habits into long-term healthy ones.

**Achieve 60 green days** by June to complete the **Healthier You Challenge!**

## The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 60 green days between April 1, 2024 and June 30, 2024 to meet the challenge goal.

## How the challenge works

1. Log in to your Sharecare account or register at [lahealthconnect.sharecare.com](https://lahealthconnect.sharecare.com).
2. Select **Achieve > Healthier You >** and **Join**.
3. Start living in the green – track 60 green days by June 30.

## 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. Be sure to sync your device daily with its corresponding app for seamless, automatic input of your activity. 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.

## Have questions?

Visit [lahealthconnect.sharecare.com](https://lahealthconnect.sharecare.com).



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Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-595-8133 (ATS: 711).

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-595-8133 (TTY: 711).

Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-595-8133 (TTY: 711).