

Sharecare 101: Challenges

Having trouble staying motivated to achieve your health goals? Check out Challenges. Whether you want to lower your real age, increase your steps, sleep more or eat better, Sharecare Challenges aim to motivate action and keep you engaged in your health journey. To begin, click Achieve in the navigation bar, then select Challenges to view current, upcoming, and past challenges. Who said a little friendly competition is a bad thing? Complete alone or on a team, either way get ready to meet your health goals with help from Sharecare. Sharecare, all your health in one place.