

Sharecare 101: RealAge

How old are you, really? Sharecare's RealAge test is a scientifically based assessment that shows you the true age of the body you're living in, based on your behaviors and existing conditions.

Join the millions of people who have taken the first step toward optimizing their health by completing the RealAge test.

To get started, complete your Sharecare registration process. You'll then be prompted to get started. The assessment takes approximately 15 to 20 minutes to complete. You need to step away? Not a big deal. Simply click Pause and come back later.

When you're ready to return, click Take the RealAge test on your timeline to pick up where you left off. It's that easy. You can improve your health by lowering your real age. We're going to show you how. Arming you with information on how your lifestyle choices help you stay younger or make you age faster than your calendar age. Discover your real age. You might be surprised. Sharecare, all your health in one place.