

Sharecare 101: Trackers

Sharecare's trackers help you monitor your daily habits and quantify achievements you've made towards improving your health. A Green Day can be earned by tracking the health factors that impact your health the most. We understand that life happens, like the newborn only allows you to sleep for four hours a night.

You spent the day traveling and didn't get your steps in. You celebrated your birthday with dessert after lunch and dinner. And we get it. The science behind Sharecare trackers doesn't expect perfection for every health factor every day. It's about living a healthier day each day.

Simply tap the heart on the Navigation bar to view the trackers that enter your activity. When eight health factors are green on a given day, you earn a Green Day. Over time, you'll be prompted to recalculate your real age to see how much you've improved your health. Easy enough! Are you living in the green? Sharecare, all your health in one place.