



# Earn green days. Lower your RealAge®.

## HOW GREEN DAYS WORK

Sharecare makes it super easy to track your health and progress, and gives you the flexibility to focus on different goals each day as they fit into your lifestyle. Get certain health factors in the green by reaching your goals, and you can earn green days that lower your RealAge.

### What are green days?

Green days are the health currency that Sharecare uses to measure your progress. Earning them contributes to a reduction in your RealAge, the benchmark for measuring your health with Sharecare.

### What health factors can I track?

There are 13 health factors you can track progress toward, including weight, stress, smoke, sleep, relationship, medications, fitness, diet, cholesterol, blood pressure, steps, glucose and alcohol.

### How many trackers does it take to get a green day?

When any 8 of the 13 health factors are green on any given day, you earn a green day.

### How does daily “in the green” tracking work?

Some RealAge health trackers

like steps and sleep allow for automatic updates, connecting via your device sensors. Some, like diet, require manual entry. Other trackers, which don't require daily input for most users, can be customized. It takes just a few seconds each day to update your key health factors and track the days you're “in the green.”

### Why should I use the trackers?

Trackers are a great way to monitor your daily habits and start living a healthier life. Sharecare helps you track the core health factors that influence your health the most and gives you real-time feedback for making better choices.

### How many green days do I need to improve my RealAge?

After you earn 60 green days within a 90-day window, you will be prompted to recalculate your RealAge to see how you've improved your health over

that time period. The level of improvement will depend on your starting point and progression using Sharecare.

### Is the information about my health status shared with the company?

No! Your personal health information is not shared with Windstream. It is gathered and maintained by an independent third party vendor, Sharecare. Windstream is only provided with consolidated information that aids in administration of the plan, such as participation, activity completion, and aggregate information about Windstream as a whole, for instance, the average health score. In addition, it is prohibited by law to use any health information in any adverse way against employees.

## Have questions?

Call 877-502-8791 to learn more about the *Be Balanced* program, or visit [Windstream.Sharecare.com](http://Windstream.Sharecare.com)