

## Your RealAge Report

The RealAge test is a unique calculation of your body's health age, created by top doctors including Dr. Mike Roizen and Dr. Mehmet Oz. Powered by the latest medical research, your RealAge results create personalized tips and action plans to get healthier and grow younger.

### What is the RealAge Test?

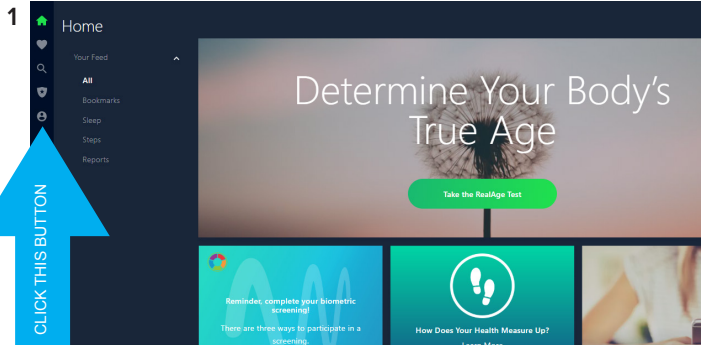
The RealAge test is Sharecare's clinically-validated health risk assessment that guides you through a series of questions designed to gauge how fast you're aging based on your lifestyle, genetics, and medical history as well as often overlooked risk factors like relationships and stress.

### What is the RealAge Report?

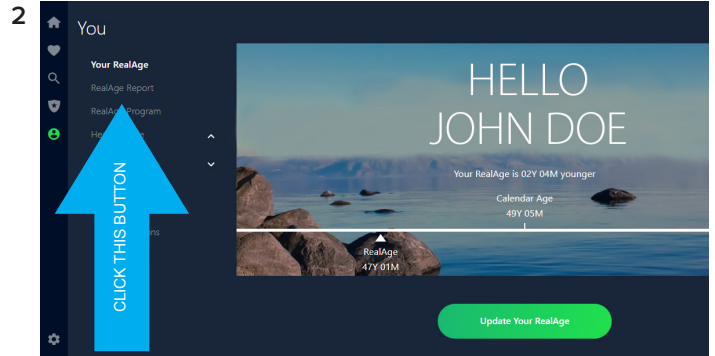
Following the completion of The RealAge Test, you will receive a report which helps you understand which of your habits are impacting your health. From there, the Sharecare portal provides you with content and programs to help you improve your overall health and obtain a younger RealAge. Within your RealAge Report you will find: RealAge Results, RealAge History, Biometrics History, RealAge Recommendations.

To get to your RealAge Health Summary Report follow the steps on page 2.

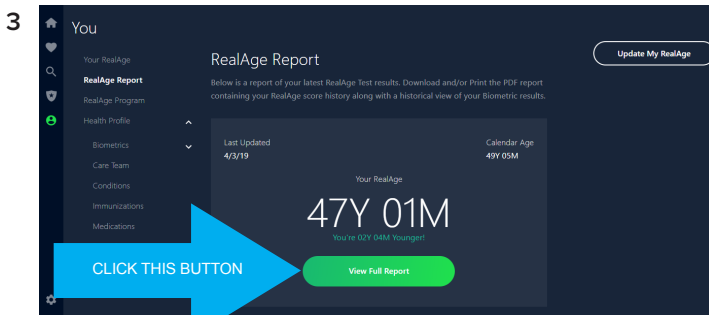
Log into your *Be Balanced* account at [Windstream.Sharecare.com](http://Windstream.Sharecare.com)



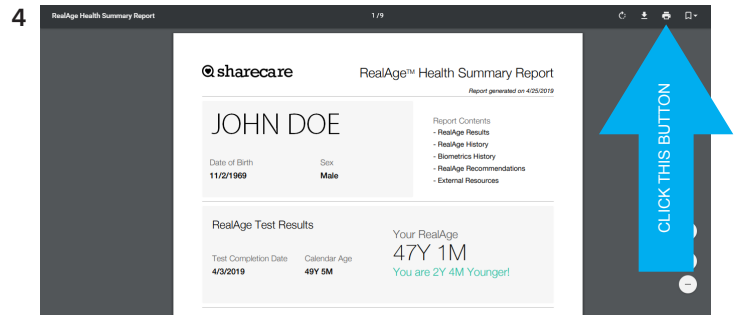
From the home page, click on the **YOU** icon.



On the **YOU** page, click on **REALAGE REPORT**.



To review and print your complete report, click on **VIEW FULL REPORT**.



Click the **PRINT** icon if you want to print and save your report.