



DISCOVER YOUR RealAge

DISCOVER how old you really are based on factors like what you eat, your activity, your health history, and how you sleep. Then set goals to lower or maintain your RealAge®.

TRACK healthy habits each day like walking, stress reduction, and eating nutritious meals.

IMPROVE your health and lower your RealAge by making small changes. Take years off your RealAge with personalized plans to increase your energy, sleep better, and create a happier, healthier life!

Take the
RealAge
Test



bzphawaii.sharecare.com

- 1 Register for a free account. It's easy!
- 2 Finish the RealAge Test in about 15 minutes.*
- 3 Use the Sharecare app to set goals and track your health progress.
- 4 Join others in a Blue Zones Project® challenge.
- 5 Feel healthier, happier, and better than ever.

*If you don't have all your health info right now, you can skip a few questions and edit later.
We value your privacy:
sharecare.com/terms/privacypolicy

live longer, better®



BROUGHT TO
HAWAII BY:

