Sharecare

Frequently Asked Questions

Who is Sharecare?

Sharecare is the digital health company Amedisys has partnered with to administer the Wellness Rewards program. The Sharecare platform will help you as an Amedisys employee manage all your health in one place no matter where you are in your health journey. Sharecare's innovative, award-winning technology offers you a comprehensive, personal health profile where you can easily connect to information, programs and health professionals to help you live your healthiest, happiest and most productive life.

How do I sign on to Sharecare?

1. Visit amedisys.sharecare.com to register and create a user ID and password.
2. Take your RealAge® Test as guided through the Sharecare platform.
3. Download the Sharecare app to your mobile device or tablet from the App Store or Google Play.

What is RealAge?

RealAge is how old your body really thinks you are based on your health and health habits, good and bad. To find out, take the RealAge Test – it's based on lifestyle, genetics, and medical history. Up to 70% of overall health depends on how well you take care of yourself, so you have a lot of control over how young you feel!

What is the RealAge Test?

The RealAge Test is Sharecare's clinically-validated health risk assessment offered as part of the Amedisys Wellness Rewards program. It guides you through a series of questions designed to gauge how fast you're aging based on your lifestyle and medical history as well as some often overlooked risk factors like relationships and stress. RealAge is your first step to help you understand which of your good and bad 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.

If I don't finish taking the RealAge Test, do I have to start over?

No, you can pause the RealAge Test at any time and all your answers are automatically saved so you can complete the RealAge Test at a later date.

How do I review my RealAge Test results?

You can access your RealAge Test results by visiting your health profile on the Sharecare portal. You will have access on February 1, 2024. There, you will find personalized recommendations on what is making you feel older or younger; and you can update your answers at any time to get a more accurate, updated RealAge.

How much does it cost?

The program is offered at no cost to Amedisys employees and spouses. In fact, members who participate in

the program have a chance to earn incentives! More information on earning additional points and incentives coming soon!

Is my health information protected

Your privacy is ensured in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996. Sharecare adheres to strict security guidelines. None of your personal information will be shared with Amedisys without your permission.

What is a "green day"?

A "green day" is a measure Sharecare uses to help you quantify progress you've made toward improving your health, essentially empowering you to improve your RealAge in real-time by tracking the most critical health factors that impact your RealAge: stress, steps, sleep, relationships, weight, blood pressure, blood glucose, cholesterol, smoking, drinking, diet, medications, and fitness. With each key health factor rated on the five-point color scale from green to red, your goal is to be "in the green" for 8 of the trackers per calendar day to earn what we call "a green day." And each time you hit 60 green days within a 90-day period, you are "living in the green," which prompts an automatic recalculation of your RealAge to see how much you've improved your health during that time.

What is the green day tracker?

Sharecare's green day tracker (GDT) includes daily trackers for the factors that are core to the RealAge calculation. The trackers allow you to record: sleep, stress, relationships, blood pressure, weight, smoking exposure, cholesterol, alcohol, fitness and health, diet, medications, and blood glucose. To achieve a green day, you will need to enter data for 8 trackers within the green range daily. Updating your tracker on a daily basis is especially important if you are participating in a green day challenge

How do I know which trackers to update?

The trackers that you are required to update daily are based on the results of your RealAge Test. The trackers that appear in green are automatically populated from the results of your RealAge Test or from your health profile. The platform informs you daily which trackers need to be updated.

How do I know if a tracker is in the green?

Web – From amedisys.sharecare.com home page or from Sharecare home page:
- Choose "Track" in the top left corner
- Review your tracker summary
- Trackers with data will be color coded

iOS – From the Sharecare iOS app:
- Tap the heart icon at the bottom of the app
- Scroll down to see the list of trackers
- Trackers with data will be color coded

Android – From the Sharecare Android app:
- Tap the heart icon in the navigation bar at the bottom
- Scroll down to see the list of trackers, with those that have entries being toward the bottom
- Trackers with data will be color coded

Samsung – Link Samsung Health to Sharecare trackers:
- Sign in to the Sharecare app and tap the heart icon in the navigation bar at the bottom
- Tap the 3 vertical dots in the top right corner then tap "Settings".
- Tap "Connect" next to Samsung Health
- Tap the data points you automatically want to share with Sharecare

What if I am unable to get "in the green" within the green day tracker?

To earn a green day, you will need to enter 8 trackers that fall within the green range daily. If you find you are unable to consistently earn green days within the Sharecare platform on the website or through the app, you can access the resource articles personalized to you based on your RealAge Test results to help improve your lifestyle and work towards earning green days.

Still need help meeting your health goals? A Sharecare coach can help you with opportunities to improve your well-being – and help you live in the green!