



EDITABLE GREEN DAY TRACKING

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SHARECARE ENHANCEMENTS



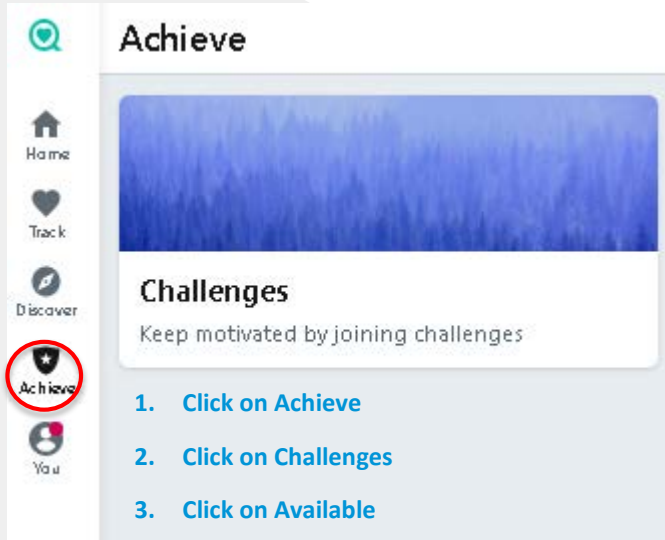
If I missed a day of tracking, can I go back to the day and enter data?

- Yes, you can edit your information for the past 7 days
- This applies to all tracking categories not just steps
- Examples of how to go back and manually track are outlined for the iPhone & Web on the following pages
- After you've joined a challenge you can access the track page from the challenge or by going directly to the track page

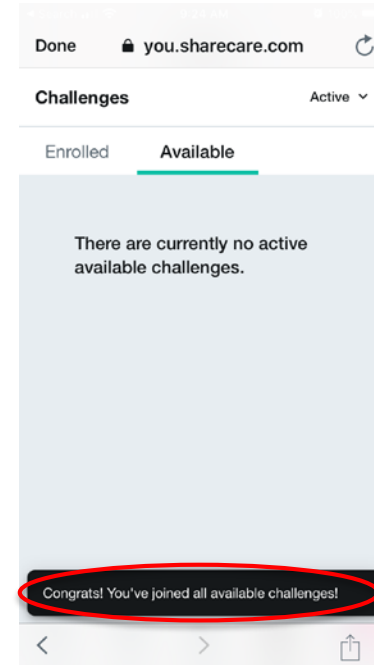
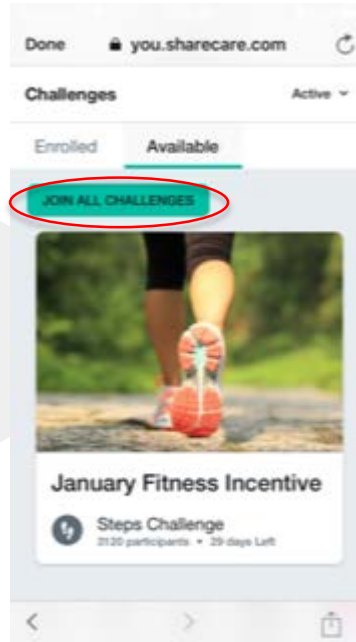


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JOINING FITNESS INCENTIVES AFTER 1/1/20



1. Click on Achieve
2. Click on Challenges
3. Click on Available
4. Click on Join all Challenges
5. Message will display showing you've joined all challenges



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GOING BACK TO TRACK UP TO 7-DAYS



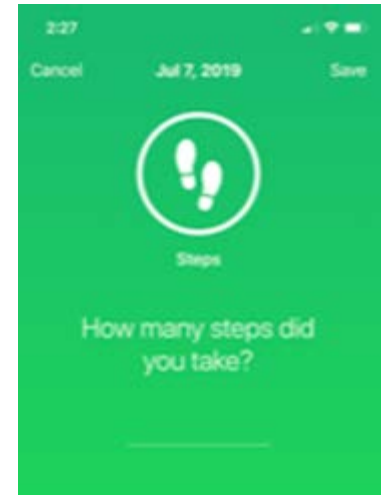
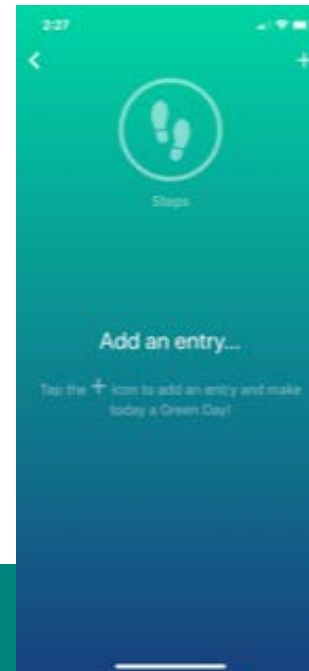
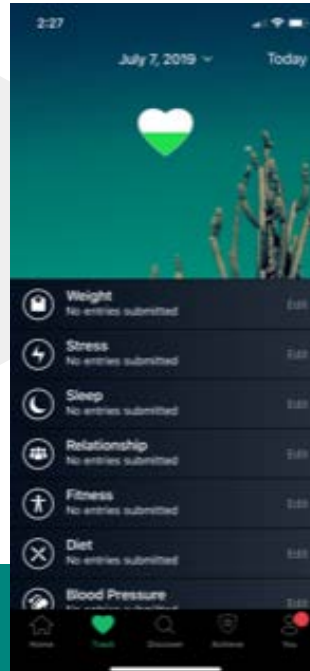
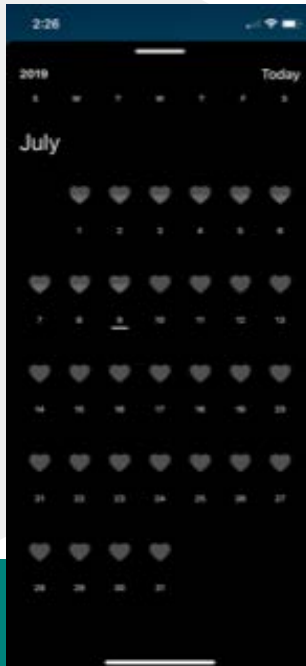
In the app, select 'Track' / Heart icon. On the top it will say "Today" but there is a drop-down arrow next to it.

Click on the arrow and it will open a calendar

Select the day needed and then it will bring you to the page to edit your steps. Click on steps tracker.

Tap the + icon to add an entry

Enter steps. Repeat steps for each day-up to 7. Steps will update immediately after tracked



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WEB

On the Web select 'Track' / Heart icon. It will display a calendar along with your green day progress. Select the date

Click the health tracker you want to update and enter your data, repeat for each tracker. Repeat for each date-up to 7 days

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Track ⓘ

< Jan 2020 > TODAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 3, 2020
Green Day Progress

15
Total Green Days

45Y 11M
RealAge

Track ⓘ

< Jan 2020 > TODAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 1, 2020
Green Day Progress

- Blood Glucose
No entry
- Blood Pressure
No entry
- Diet
No entry
- Fitness
No entry
- Relationship
No entry
- Sleep
- Steps
No entry



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