



Sharecare Fitness Program

Boost your Immune System

Key features

- Members can access the 12-week program through campaigns on the timeline or notification center
- Timeline campaigns are delivered three times each week
- Members can bookmark workouts for access later
- Members can also access each week's workout through the notification center

Overview

Exercising at home is a big part of the new normal. To meet our members where they are, Sharecare is now offering a 12-week, instructor-led fitness program. We all know it's important to stretch, strengthen, and sweat, and our new program, led by celebrity trainer David Buer, is designed to do just that with exercises focusing on core, balance and resistance body movement. The workouts are also progressive, which means that each week's workout builds on the one before it—in difficulty, intensity, and fun!

Details

While this program recommends resistance bands, dumbbells and a step, members can use what they have at home to participate in the workouts. Workouts are presented in 30-minute videos with clear, detailed instructions from Coach Buer, who recommends completing each weekly workout at least three times.

Members have control of the videos (which are accessible anytime), so they can get a sense of the workout and move at their own pace. The workout videos can be played on the Sharecare platform via numerous devices.

Members are informed of the program through notifications and timeline cards:

- Notifications of the week's workout go out Sunday
- Additional reminder timeline cards with the same weekly content will go out on Sunday, Tuesdays and Thursdays
- Previous weeks' workouts are accessible via the notifications or by bookmarking the timeline card

