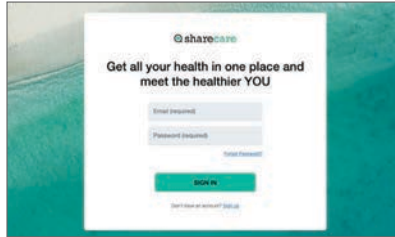


HOW TO JOIN THE CHALLENGE

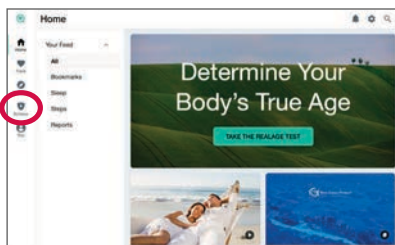
FROM YOUR COMPUTER

After you have created a Sharecare account, sign in and follow these steps:

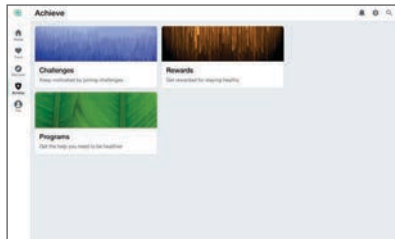
1. **Sign in** with your email address and password.



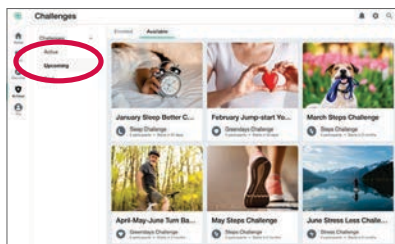
2. Select the **Achieve** icon from the side menu.



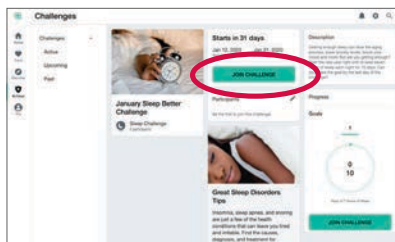
3. Select **Challenges**. Then click **Available**.



4. Click **Active** or **Upcoming**. Then find the challenge you wish to join.



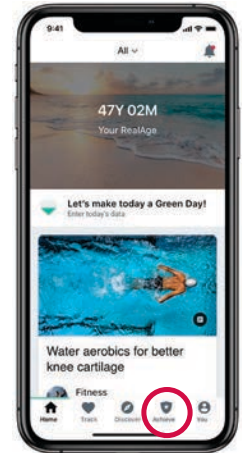
5. Click **Join Challenge**.



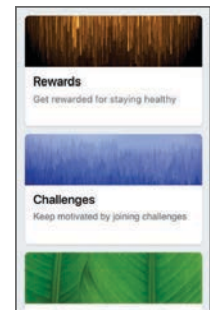
FROM YOUR MOBILE DEVICE

After you have created a Sharecare account, download the Sharecare app.* Then, follow these steps:

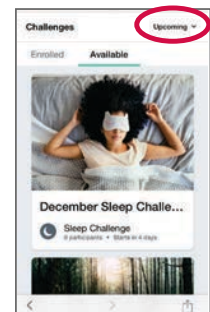
1. Tap the **Achieve** icon at the bottom of the screen.



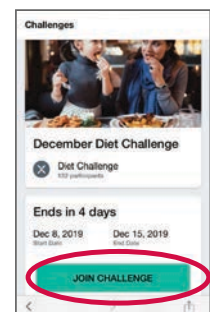
2. Tap **Challenges**. Then tap **Available**.



3. Tap **Active** or **Upcoming**. Then find the challenge you wish to join.



4. Tap **Join Challenge**.



*Before you download the Sharecare app, you must create a Sharecare account from a web browser on your computer or mobile device. Otherwise, you won't get the added benefits from LAFRA.