



Eat Right Now  
by sharecare



# Form eating habits you can feel good about

Eat Right Now is an evidence-based app designed to help you step off the diet rollercoaster and create healthy habits that last.

Eat Right Now has three program tracks. When you sign up for Eat Right Now, you'll take a brief assessment and begin one of three program tracks that will best support you and your health. All tracks include:

- Daily guided lessons
- Mindfulness exercises
- In-app craving tools to assist in real-time
- 24/7 moderated community and support
- Live weekly calls with our team of behavior change experts

## Eat Right Now Program Tracks



**Mindful Eating**—provides the foundation for you to establish mindful eating habits and reshape your relationship to food.



**Weight Loss**—expands on mindful eating and supplies additional tools for effective, sustainable weight loss. You'll work with a personal coach, join live weekly calls, and track your progress over time with a free scale and activity tracker.\*



**Diabetes Prevention Program**—CDC-recognized program. You'll receive specific guidance on how to help prevent Type 2 Diabetes, as well as personal coaching, live weekly calls, and a free scale and activity tracker.

Learn more at [healthnet.sharecare.com](https://healthnet.sharecare.com).



\* Scale provided at enrollment. Activity tracker is earned by achieving a weight loss of 2% or more after 30 days in the program or engaging with the program for at least 10 days (days do not have to be consecutive).

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Pending Regulatory Approval