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Eat Right Now
by sharecare



Start your journey to a healthier life

Update your eating habits to help make lasting weight loss possible. Eat Right Now is an innovative program that combines neuroscience and mindfulness to help you change your relationship to eating and make meaningful lifestyle changes that last.



Short daily video lessons: Learn proven techniques for adopting healthy habits



Dedicated digital coach: Addresses your specific needs & helps keep you motivated



Community support: Connect with others who are also on their weight loss journey



Free smart scale & activity tracker that connect with the program



Weekly expert calls: Experts, such as Dr. Judson Brewer, address habit change plus your specific questions

How to get started

Eligible Sharecare users can access Eat Right Now from within the Sharecare digital experience via the **Achieve** section, by selecting **Programs** and then selecting **Eat Right Now**.



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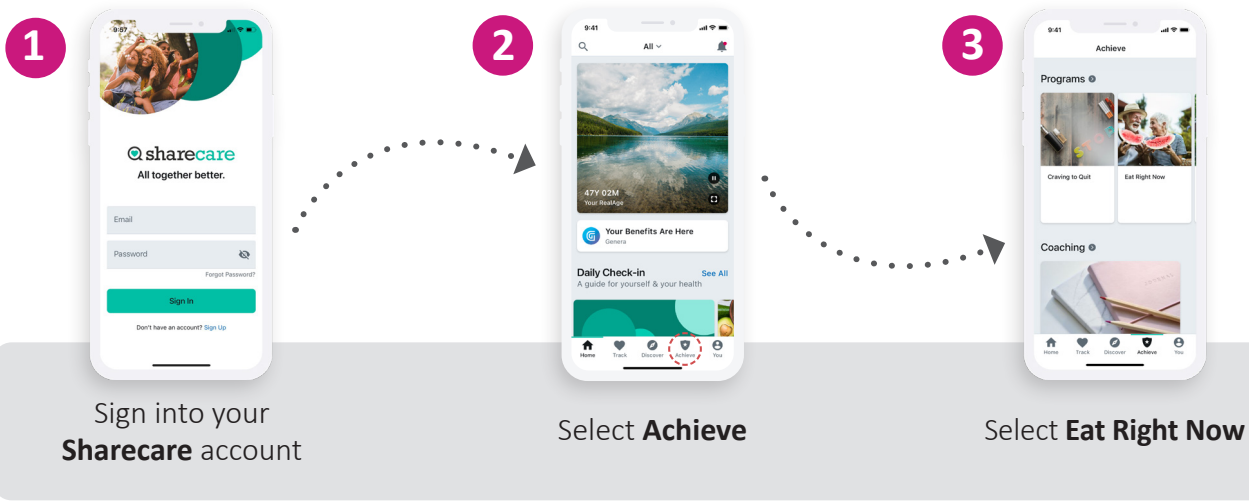
Eat Right Now
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The support you need on your weight loss journey

Eat Right Now gives you step-by-step tools to help reshape your eating patterns. The program helps you identify eating triggers and ride out cravings to create new habits for weight loss. Through engaging self-paced video lessons, a supportive online community, a dedicated digital coach, access to trained experts, mindfulness exercises, and more, you'll learn proven techniques for adopting healthy habits. Eat Right Now is designed for you to take at your own pace. In as little as 10 minutes a day, the 12-month program, could help you lose 5-7% of your body weight and lead a healthier life.

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