



Eat Right Now

FREQUENTLY ASKED QUESTIONS

Who can participate in the Eat Right Now Program?

Eat Right Now is an app-based program that combines research in behavior change and mindfulness to help people reduce craving-related eating and help foster lasting, positive eating habits.

With Eat Right Now, you get:

- Daily guided lessons
- In-app tools
- Mindfulness exercises
- Community forum and journal
- Weekly live calls with our behavior change experts

Eat Right Now has three program tracks to assist your health and wellness goals: Mindful Eating, Weight Loss, and Diabetes Prevention Program.

Tell me more about the Eat Right Now tracks.

Mindful Eating: The Mindful Eating track provides the foundation for you to establish mindful eating habits and reshape your relationship to food.

Weight Loss: The Weight Loss track explores methods and tools for effective and 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: The Diabetes Prevention Program is a CDC-recognized program designed to help prevent Type 2 Diabetes. Along with a personal coach, live weekly calls, and free scale and activity tracker, you'll be on course to achieve one or more of the following³:

- Minimum 5% weight loss
- Minimum 4% weight loss and 150 minutes of weekly activity
- .2% reduction in HbA1cAll Digital

Programs and services are subject to change. Members have access to Sharecare through current enrollment with Health Net of California, Inc. Health Net of California, Inc. is a subsidiary of Health Net, LLC and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.

How do I know which program track I qualify for?

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

Who is eligible for the program?

Members have access to the Eat Right Now program through current enrollment with Health Net of California, Inc.

Does Eat Right Now work?

In a clinical study, Eat Right Now was shown to reduce craving-related eating by up to 40%¹. Without dieting or counting calories, you'll learn the root cause of unhealthy habits and how to break them.

In 2023, members in the Weight Loss and Diabetes Prevention Program tracks reported 4.4% to 4.6% average weight loss². More than half of members between the two program tracks have been shown to have lost weight or maintained their weight².

Is there a cost to Eat Right Now?

No, as a Health Net member, you have access to the Eat Right Now program at no cost.

How to get started.

Visit the Achieve section in the Sharecare platform and select Eat Right Now. Check out your new benefit by enrolling today!

* 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).

¹ <https://link.springer.com/article/10.1007/s10865-017-9884-5>

² Milestone results based on members of Eat Right Now Weight Loss Program January 1-October 17, 2023 and Diabetes Prevention Program January 1-October 20, 2023.

³ <https://www.cdc.gov/diabetes/prevention/pc...>

