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Eat Right Now®

Frequently Asked Questions



What is Eat Right Now and how does it work?

Eat Right Now is a revolutionary evidence-based program that combines neuroscience and mindfulness tools to help you identify eating triggers and ride out cravings to change your eating patterns for good. With help from videos and exercises, you'll learn to listen to your body's hunger signals so you can differentiate between real hunger and emotional cravings. This progressive 28-day program lets you reshape how you eat in about 10 minutes a day.

What are the key benefits of the Eat Right Now program?

Through video, audio, and animated lessons, clinically validated exercises and on-demand tools, you learn how to identify, work with, and eliminate their eating triggers.

What support measures are in place to help me with my weight loss journey?

In addition to the core video lessons and in-the-moment tools to deal with cravings, Eat Right Now offers robust support, the most notable being strong community support to help you connect with others who are on their weight loss journey in an expert-facilitated community. You will also receive support through weekly calls, that are led by experts including Dr. Jud Brewer, MD, Ph.D, designer and creator of the program, to help you address specific user challenges.

How is Eat Right Now different from a diet?

Unlike restrictive diets that tell you what you can and can't eat, Eat Right Now is designed to rewire your brain to reduce your cravings and empower you to make healthier choices on your own — without willpower or restrictions. The program addresses the root cause of why you struggle with food to make weight loss less stressful and long-term weight management easier.

What if I'm already on a diet?

Eat Right Now can supercharge your diet by helping you stick to that plan with less stress and effort. Over time, you may realize you don't need to restrict yourself to lose weight. The long-term solution is in breaking habits and empowering yourself to make healthy food choices by retraining your body to see food as a powerful resource so you can finally get off the diet rollercoaster.

Is there a cost for this program?

Eat Right Now is available at no cost for eligible Sharecare members.

How can I access Eat Right Now?

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'.

Do I have to use the program every day?

No. Eat Right Now is designed for you to take at your own pace. Daily use is recommended but not required.



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