

# Well-being and Medical Plan Incentives

## Five Dimensions of Well-being

Last fall, Emory launched a new vision and focus that takes a more holistic approach to employee health and well-being, concentrating on the following five dimensions:

1. Financial: supporting your financial well-being and empowering you to achieve your long-term financial goals.
2. Emotional & Mental: helping you manage stress, build resilience, and prioritize your mental health.
3. Physical: promoting a healthy lifestyle and preventing illness.
4. Social & Community: providing opportunities for social interaction and community involvement and creating an inclusive and welcoming environment for all.
5. Learning & Career: fostering continuous learning and professional growth.

## Incentives

To encourage you to take an active role in your health and well-being, Emory provides well-being and medical plan incentives for your participation in healthy activities. The 2025 well-being and medical plan incentives are directly tied to the new well-being dimensions.

Incentives are applied to your medical plan. With the Aetna POS Plan, you will get a credit toward your deductible or co-insurance. Incentives cannot be used for co-pays. 2025 Incentives are listed in the chart on the following page. Incentive activities must be completed between January 1, 2025 and November 15, 2025 in order to receive the 2025 incentives.

## Healthy Emory Connect

Healthy Emory Connect (Sharecare) is Emory's well-being platform, open to benefits-eligible employees and spouses with Emory medical plan coverage. By joining, you can participate in challenges and other programs to earn your incentives.



## Other Healthy Emory Programs

Healthy Emory offers many other well-being activities throughout the year. To learn more, visit the website at [www.healthy.emory.edu](http://www.healthy.emory.edu), watch for announcements in Emory newsletters, or view Healthy Emory's events calendar: <https://www.trumba.com/calendars/hr-events-healthy-emory>.

# Well-being and Medical Plan Incentives

 **You and your spouse can choose from a menu of different incentive opportunities, earning up to \$425 in incentives each (a maximum total of \$425 for single and \$850 for employee + spouse coverage).**

2025 Incentives		Eligible	Earn
Annual Preventive Exam (Well Adult/Well Woman)	Complete your annual preventive wellness exam with your provider.	employee and spouse	\$50
RealAge (Health Risk Assessment) Completion*	Answer questions on the Healthy Emory Connect (Sharecare) platform/mobile app to gauge how fast you're aging based on your lifestyle, medical history, and other risk factors. Then, connect to resources to help improve your health and lower your "RealAge."	employee and spouse	\$25
Healthy Emory Connect Activities*	Complete challenges and other activities offered through the Healthy Emory Connect (Sharecare) platform/mobile app ( <i>Nutrition, Physical Activity, Sleep and Recovery, and Social and Community</i> ).	employee and spouse	Up to \$400
Diabetes Prevention Program (DPP)*	Complete the Diabetes Prevention Program (DPP), a one-year program for individuals at high risk of developing diabetes. To participate, you must meet certain eligibility criteria. This small group program teaches you how to eat healthy, increase physical activity, and manage stress to prevent type 2 diabetes. It has two phases: core and post-core.	employee and spouse (must meet the DPP criteria)	Up to \$200
Unwinding Mini-Course*	Enhance your well-being with the "Unwinding" app, a unique tool offered by Sharecare. Complete a relaxing mini-course each quarter to help reduce stress and boost mindfulness—an easy way to prioritize your mental well-being throughout the year.	employee and spouse	\$25/quarter; Annual max: \$100
Winship 5k	Participate in the Winship 5k race to help Emory raise money for cancer research. Don't want to race? No problem! You can also participate as a volunteer on race day to earn this incentive.	employee and spouse	\$25
Fidelity Financial Wellness Check-Up	Take the Fidelity Financial Wellness Check-Up to find out what you're doing well and what steps you may need to take to improve your financial well-being.	employee only	\$25

\* You must join Healthy Emory Connect in order to receive these incentives.