



Well-being & Medical Plan Incentives

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. That's right -- you can actually save money on your medical expenses by doing things that help you live a healthier lifestyle!

Incentives are applied to your medical plan: you will get a credit toward your deductible or co-insurance. Incentives cannot be used for co-pays.

2024 Incentives are listed in the chart on the following page.

Incentive activities must be completed between January 3, 2024 and November 15, 2024 in order to receive the 2024 incentives.



Healthy Emory Connect

It's much easier to develop healthy habits when you're keeping track of them. Healthy Emory Connect (Sharecare) can help you do that!

Healthy Emory Connect (Sharecare) is Emory's well-being platform, open to benefits-eligible employees, spouses, and pre-65 retirees with Emory medical plan coverage. By joining, you can participate in challenges and other programs to earn your incentives.



Other Healthy Emory Programs

In addition to the incentives and the Healthy Emory Connect platform, Healthy Emory offers many other well-being activities throughout the year. To learn more, visit the website at 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>.



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Real Age Health Assessment: Get started earning your incentives by registering on the Healthy Emory Connect platform (powered by Sharecare) and completing the RealAge Health Assessment. Available to employees and spouses on an Emory medical plan. **Earn \$25.***



Annual Preventive Wellness Visit: Earn an incentive by completing your annual preventive wellness exam with your physician. Available to employees and spouses on an Emory medical plan. **Earn \$50.**



Healthy Emory Connect Programs: Earn incentives by participating in challenges and other programs offered through Healthy Emory Connect's website and mobile app (powered by Sharecare). Available to employees and spouses on an Emory medical plan. **Earn up to \$300.***



Fidelity Financial Wellness Checkup: Take the Fidelity Financial Wellness Checkup to find out what you're doing well and what steps you may need to take to improve your financial well-being. Available to employees only (spouses are not eligible). **Earn \$25.***



Winship 5K: Register for the Winship 5K and invite your family, friends, and co-workers to support your efforts. Join others to support breakthroughs in cancer research and help Winship make strides toward finding a cure. Available to employees and spouses on an Emory medical plan. **Earn \$25.***



Diabetes Prevention Program (DPP): For employees and spouses at high risk of developing diabetes, DPP is a one-year, small group program that teaches you how to eat healthy, increase physical activity, and manage stress to prevent type 2 diabetes.

- Core Phase: The lifestyle change program is an initial 6-month core phase during which a minimum of 16 weekly sessions are offered.
- Post Core Phase: The initial 6-month phase must be followed by a second 6-month core maintenance phase during which a minimum of one session is delivered each month.

DPP is available to employees and spouses on an Emory medical plan. **Earn up to \$200.***

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