Celebrate World Mental Health Day on October 10th

Fun and Fit Ways To Support Breast Cancer Awareness Month!

- Find a sponsored 5k in your area
- Schedule a mammogram
- Wear pink while exercising to show support
- Spread awareness by honoring someone
- Wear a pink ribbon at the office
- Create a office challenge to come to the gym

Individuals of average risk should consider getting a mammogram every year starting at the age of 40. Talking to your doctor will provide more insight into when a mammogram is right for you. Don’t wait until it’s too late!

Email: Blomeyer@emory.edu
Phone: 404-727-4600
hr.emory.edu/eu/wellness/blomeyer

Mark Your Calendars!

NEW Group Ex Schedule beginning Oct. 2
See page 2 for details

Register here
See page 2 for details

Fun and Fit Ways To Support Breast Cancer Awareness Month!
### Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Total Body Conditioning Hybrid</td>
<td>Body Weight Burn Hybrid</td>
<td>Butts &amp; Guts Hybrid</td>
<td>Boot Camp Hybrid</td>
<td>Tabata Hybrid</td>
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<td>Boot Camp Sculpt</td>
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<td>Yoga</td>
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**Did you know?** Blomeyer has hybrid group exercise classes allowing you to attend in person or online at your convenience. Enjoy LIVE 45-minute daily workouts that can be done at home with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. The classes will be live streamed via Zoom. [Click here](#) to join virtually.

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**SATURDAY, OCTOBER 7, 2023**

**Runners and Walkers:**
Join us for the 13th annual Winship Cancer Institute 5K to advance innovative cancer research and discovery.

*Emory University, McDonough Field*
Bib/timing chip pickup 7:00 a.m.
5K run/walk will begin at 8:30 a.m.

[winship5k.emory.edu](winship5k.emory.edu)
Invite a friend to Try A Week on us

Train together and make gains together! Encourage others to try a week at Blomeyer at no charge. Emory University and Healthcare staff, faculty, and retirees and/or their spouses are eligible to join Blomeyer Health Fitness Center.

Stop by the fitness center for more details or contact us at 404-727-4600 or blomeyer@emory.edu
**Refresh from Stress (RFS)**

Improve your resiliency and enhance your overall emotional well-being during Refresh from Stress which runs **September 1 – October 31**. This year, Healthy Emory has designed two self-guided challenges and two activities. Through these challenges and activities, you will learn useful and easily implemented strategies to increase your capacity to respond to and manage stress.

Complete **3 out of 4 activities** to maximize your well-being. Individuals on an Emory healthcare plan can **earn a $75 medical plan incentive**. Individuals that are benefits eligible but not on an Emory medical plan can earn a chance to win an Amazon Gift Card*!

**Self-Gratitude Challenge is happening now!**

Complete **3 out of 4 activities** from the list below between **September 1 – October 31** to earn a $75 medical plan incentive or a chance to win an Amazon Gift Card:

- **Self-Gratitude Challenge (October 1 – 31)**: Reflect on at least one thing – big or small – that you are grateful for each day. Journal your gratitude for at least 21 of 30 days. Answer the self-attestation question daily to complete this challenge.
- **Watch 3 “Caregivers Meditation with Sharon Salzburg” videos (September 1 – October 31)**
- **Watch 3 “Building Resiliency” videos (September 1 – October 31)**.

*Healthy Emory will host drawings at the end of Refresh From Stress for those employees participating, but not on an Emory medical plan, for your chance to win a $75 Amazon gift card. Participants must complete at least 3 out of 4 Refresh from Stress activities. There will be up to 20 winners from Healthcare and 20 from University. Drawings will be held the week of November 14 and winners will be notified by November 17.

All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan are eligible to participate.

**Eat Smart Move More Weigh Less (ESMMWL) is back!**

Emory is excited to announce the upcoming series of **Eat Smart, Move More, Weigh Less** (ESMMWL) that will be offered at no charge for employees. This 15-week online weight management program is delivered in real-time by a Registered Dietitian Nutritionist (RDN). Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Classes start October 15th and will meet weekly through early February*. **Registration closes on October 13th.**

**Aetna Medical Plan Participants:**

[Click here](#) to register using voucher code: **EmoryOctober2023Aetna**

**NOTE: This voucher code is ONLY valid for Emory employees who are Aetna enrolled members.**

**Kaiser Permanente Plan Participants:**

Please contact Healthy Emory at [healthyemory@emory.edu](mailto:healthyemory@emory.edu) to obtain a voucher code and registration link.

[Click here](#) for more information or contact Healthy Emory with questions at [healthyemory@emory.edu](mailto:healthyemory@emory.edu).

*Classes will end in early-mid February. Some classes will be adjusted due to holidays.*

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**Healthy Emory Connect (Powered by Sharecare) Feedback Survey**

Emory has partnered with Sharecare for a member survey to assess your satisfaction with the Healthy Emory Connect program (powered by Sharecare). The survey will appear when you open the Sharecare app and in your notification center in the app. So, look for your opportunity to tell us what you think! Open September 19 – October 20; survey will appear when you open the Healthy Emory Connect (powered by Sharecare) app and in the notification center.
Emory University strongly encourages students, faculty, and staff to follow public health guidance and stay up to date with flu and COVID-19 vaccination recommendations according to CDC guidelines. As of September 2023, everyone six months and older should get one dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine. Please review the CDC guidelines for further details and all other applicable recommendations. To find flu and COVID-19 vaccine locations, search vaccines.gov. COVID-19 vaccine guidance will continue to be updated as needed.

Emory University students and employees working in a healthcare facility will be required to follow the guidance and vaccine recommendations of the facility where they work.

Emory employees covered by Emory University or Healthcare medical insurance pay $0 for the vaccine at in-network, non-pharmacy locations. Employees covered under the Emory Medical Plan can also utilize the pharmacy benefits for flu and COVID-19 vaccines at $0 at CVS and other participating pharmacies such as Walgreens, Costco, Sams, and Publix).

Click here for more information or contact Healthy Emory with questions at healthyemory@emory.edu.