







# Your 2025 Well-being Rewards Program is Here!

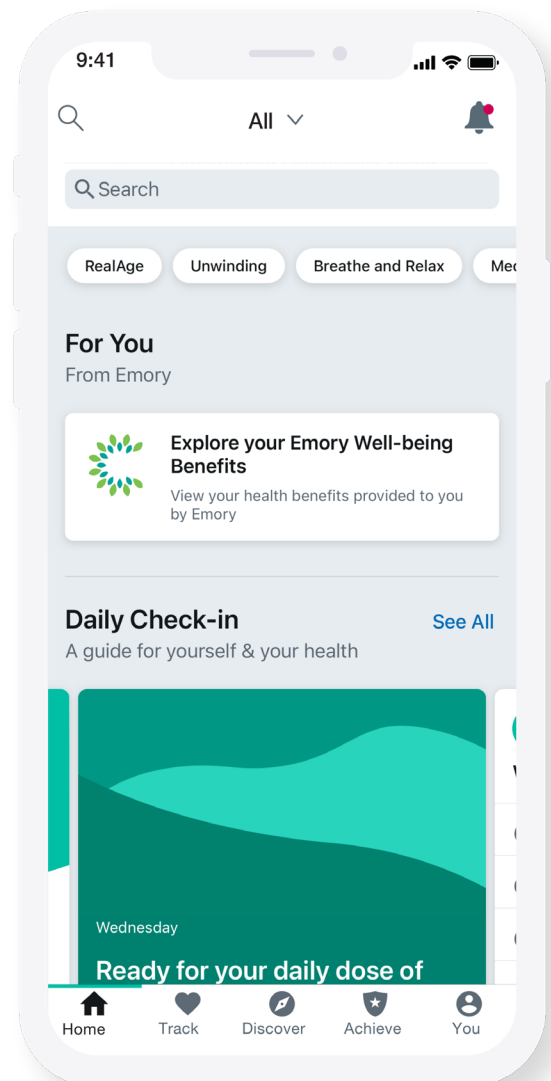
Access personalized tools and resources to keep your mind and body strong – at no cost to you!

**Earn sweepstakes entries when you complete activities and challenges.**

Healthy Emory has partnered with Sharecare to help you live your happiest, healthiest and most productive life. With Sharecare (Healthy Emory Connect), you have access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, when you complete activities and challenges you can earn raffle entries for a chance to win prizes!

## Here's how to get started:

-  Sign in or create your account at [healthyemory.sharecare.com](https://healthyemory.sharecare.com).
-  Take the **RealAge® Assessment** as guided through the Sharecare platform.
-  Bring **Sharecare on the go!** Download the app from the App Store or Google Play.
-  See all the ways you can earn sweepstakes entries. Select **Achieve > Rewards > Healthy Emory Connect** to see what's available.



## 2025 Healthy Emory Activities and Challenges

Earn raffle entries when you complete activities and challenges.

Timeframe	Activity		Rewards*
Jan 1 – Nov 15, 2025	<b>RealAge® Assessment</b>	See how your body's age compares to your calendar age and get healthy content, resources, and more - just for you! Sign in and select <b>You &gt; RealAge</b> .	Earn 1 raffle entry for each activity you complete for your chance to win a Healthy Emory Reward.
Jan 1 – Nov 15, 2025	<b>Fidelity Financial Wellness Checkup</b>	Find out what you're doing well and what steps you may need to take to improve your financial well-being. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Fidelity Wellness Checkup</b> for details.	
Spring 2025– Nov 15, 2025	<b>Career Learning Series</b>	Invest in personal and professional growth by completing select training courses while you earn rewards. *Activities will launch in Spring 2025. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Career Learning Series</b> for details.	
Jan 1 – Nov 15, 2025	<b>Unwinding by Sharecare</b>	Manage stress and build resilience in the workplace and at home while also improving sleep, mental health, and quality of life. Sign and select <b>Achieve &gt; Programs &gt; Unwinding by Sharecare</b> .	Complete 1 mini-course per quarter for your chance to win a Healthy Emory Reward.
Feb 1 – Mar 31, 2025	<b>Nutrition</b>	Embrace the power of food to heal and energize your body. Read 2 articles, watch 2 videos, and complete the Nourish & Reflect challenge. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Nutrition</b> for details.	Complete 5 Nutrition activities for your chance to win a Healthy Emory Reward.
Apr 1 – May 31, 2025	<b>Physical Activity</b>	At Emory, we're championing movement, encouraging everyone to make physical activity a part of their daily routine. Read 2 articles, watch 2 videos, and complete the Move More challenge. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Physical Activity</b> for details.	Complete 5 Physical activities for your chance to win a Healthy Emory Reward.
Jul 1 – Aug 31, 2025	<b>Sleep &amp; Recovery</b>	At Emory, we're highlighting the importance of sleep & recovery, encouraging everyone to prioritize rest as a key component of your well-being. Read 2 articles, watch 2 videos, and complete the Snooze Soundly challenge. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Sleep &amp; Recovery</b> for details.	Complete 5 Sleep & Recovery activities for your chance to win a Healthy Emory Reward.
Sept 1 – Oct 31, 2025	<b>Social &amp; Community</b>	At Emory, we value our community, encouraging everyone to nurture relationships and spend quality time with loved ones. Read 2 articles, watch 2 videos, and complete the Move Together Team challenge. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Social &amp; Community</b> for details.	Complete 5 Social & Community activities for your chance to win a Healthy Emory Reward.
Oct 4, 2025	<b>Winship 5K</b>	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. Sign in and select <b>Achieve &gt; Rewards &gt; 2025 Healthy Emory Connect &gt; Winship 5k</b> for details.	Participate in the Winship 5k for your chance to win a Healthy Emory Reward.

Questions? Call Sharecare Customer Service at 855-428-1708 or visit [support.sharecare.com](https://support.sharecare.com).



\*Emory University and Emory Healthcare employees not enrolled in an Emory Medical plan earn sweepstakes entries for completing activities and challenges throughout the year for a chance to win one of the following: a 30-minute massage, 30-minute personal training session, a \$25 Amazon Gift Card, or a 1-month Membership to a participating Emory fitness facility. Visit [healthyemory.sharecare.com](https://healthyemory.sharecare.com) and select **Achieve > Rewards > 2025 Healthy Emory Connect > About this Program** for sweepstakes details.

Sharecare, Inc. administers Emory University and Emory Healthcare's Healthy Emory well-being program. Before you download Sharecare, you must register from a web browser on your computer or mobile device at [healthyemory.sharecare.com](https://healthyemory.sharecare.com). Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. ©2025 Sharecare, Inc. All rights reserved.

