Summer Green Day Challenge FAQ’s

Everything you need to know to grow younger this season.

What’s this challenge all about?
How will you take control of your health this summer? Will you swap in a turkey burger at the next BBQ or spend a quiet moment in the sun to destress? Make healthy choices for 21 days this summer season to earn rewards and lower your RealAge.

You can sign up for the Summer Green Day Challenge starting Monday, August 1, 2022. The challenge will run from August 15, 2022 to September 30, 2022.

What’s the challenge goal?
Earn 21 green days from August 15 – September 30 to meet the challenge goal.

What’s the reward?
Once you earn 21 green days, you will have met the challenge goal and completed one activity for Refresh From Stress.

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

How do I sign up?
1. Log into your Sharecare app or register at www.healthy.emory.edu/connect.
2. Find the Challenges under the Achieve icon.
3. Look for the Summer Green Day Challenge and click Join.

What are green days and how to I earn them?
Green days are based on 13 total health factors such as sleep, nutrition, exercise, and stress. Each factor is rated on a five-point scale from red to green. Your goal is to be “in the green” for at least 8 out of the 13 total health factors, to earn a green day. Earning green days helps you track healthy habits and can lower your RealAge over time.
How does daily “in the green” tracking work?
You can automatically track certain factors including steps and sleep by connecting your account to your mobile phone or wearable fitness tracker. Other factors like diet, stress, and relationships need to be entered manually. Some trackers, such as blood pressure (which don’t require daily input for most users) can be customized. Take a few minutes each day to update your key health factors and track the days you’re “in the green.”

How do I track my activity? There are two ways to track:

1. Automatic Tracking: Sync with your Samsung or iPhone’s Health apps or Android’s Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.

2. Manual Tracking: Each day, log into the app to manually update your trackers.

How do I know which trackers to update?
The trackers that you are required to update daily are based on the results of your RealAge Test. The trackers that appear in green are automatically populated from the results of your RealAge Test or from your health profile. The platform informs you daily which trackers need to be updated.

How do I know if my tracker is in the green?
Use the app or log into your account on the web to view your trackers. Each tracker will be color-coded to show you whether or not you have added your information and how the information you have tracked relates to your overall health. Your goal is to be in the green for at least 8 out of the 13 total trackers to earn a green day.

What if I forget to track my activity for a day?
If you miss a day while the challenge is still active, you can go back up to one week and track any missed activities. Once the challenge is over, you will not be able to retroactively track activities. To update your tracker for a day in the past, simply select Track, then select Today at the top of the app to open the calendar. From there you can select the day(s) you haven’t tracked and manually enter your information for the day(s) you missed.

How many green days do I need to lower my RealAge?
After you earn 60 green days within a 90-day window, you will be prompted to re-take your RealAge Test to see how you’ve improved your health over that time period. The level of improvement will depend on your starting point and progression.

Have questions? Call 855-428-1708 or visit www.healthy.emory.edu/connect to learn more.