



# Take Time to Breathe Challenge FAQs

Embrace the power of a pause



## What is the Take Time to Breathe Challenge?

The Take Time to Breathe Challenge is designed to reduce your stress and boost your well-being with a five-to-10-minute daily break to practice a mindfulness exercise.

Join the Take Time to Breathe Challenge, then open the challenge daily and answer the question: **Did you do any of the following mindfulness activities today?**

- Walk for 10 minutes without looking at your phone or other distractions — take a breather from technology!
- Try deep breathing: sit down, close your eyes, and focus on your breath as you slowly inhale and exhale.
- Experience your surroundings with all of your senses: “breathe in” what you can see, smell, feel, hear, and taste.

Track your response for at least seven days in the month of September to complete the challenge.

## When is the challenge?

The Take Time to Breathe Challenge runs from September 1 - September 30, 2022.

## Who can participate?

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

## What's the reward?

Answer the challenge self-attestation question affirmatively for at least seven days in September to meet the goal! You'll also earn credit for completing one activity from **Refresh From Stress**.

## How do I sign up?

- Log into your app or register at [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect).
- Find **Challenges** under the **Achieve** icon.
- Look for the **Take Time to Breathe Challenge** and click **Join**.
- Track your daily mindfulness activities for at least **seven days** from **September 1st - September 30th, 2022**.

## How do I track my activity?

After you've joined the challenge, log into the app daily, navigate to **Achieve**, open the **Take Time to Breathe** challenge, and **answer the question to complete the self-attestation**.

## What if I forget to track my information?

If you miss a day of tracking 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 add your missed data.

## Have more questions?

Call **855-428-1708** or visit [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect) to learn more.

*If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact Sharecare customer service at **855-428-1708**.*



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