

Healthy Emory 2022 Calendar*

View the [Emory Medical Plan Incentive](#) to see how you and your spouse can earn up to \$425.

| Quarter 1 January, February, March | |
|--|---|
| <i>Annual Preventive Exam Campaign</i> | |
| Dates | Name |
| February 1 | Healthy Emory Connect Re-launch |
| January 31, February 1-3 | Diabetes Prevention Program (Session 0) |
| February 14-16 | Blomeyer Grand Re-Opening |
| March 2 – April 6 | Winter Walking on Wednesday |
| March 14 – April 24 | Move More Challenge |

| Quarter 2 April, May, June | |
|---------------------------------------|--|
| <i>Colonoscopy Screening Campaign</i> | |
| Dates | Name |
| April 4 | Live Active Launch |
| April 6 | National Walking Day |
| May 13 | Staff Fest |
| May/June | Spring Walking on Wednesday |
| May 16 – June 30 | Spring Green Day Challenge |
| May 23 – August 29 | NEW! Eat Smart Move More Weigh Less |
| June 20 – July 17 | Healthy Plate Challenge |

| Quarter 3 July, August, September | |
|---------------------------------------|--|
| <i>Mammography Screening Campaign</i> | |
| Dates | Name |
| August 15 – September 30 | Summer Green Day Challenge |
| August (tbd) | Diabetes Prevention Program |
| August/September | Summer Walking on Wednesday |
| September 1 – 30 | Live Mindfully Challenge |
| September 1 – 30 | Take Time to Breathe |
| September 5 – December 12 | NEW! Eat Smart Move More Weigh Less |

| Quarter 4 October, November, December | |
|---|--------------------------------|
| <i>Cervical Cancer Screening Campaign</i> | |
| Dates | Name |
| October 1 – 31 | Improve Your Sleep Challenge |
| October/November | Fall Walking on Wednesday |
| November 1 – 30 | Snooze Soundly Sleep Challenge |
| December 1 – 31 | Winter Green Day Challenge |

*Dates subject to change



Emory Medical Plan Incentives

\$75 For Joining Healthy Emory Connect (powered by ) and completing the Real Age Test.

Move More Challenge Quarter 1

January, February, March

Complete the **3** activities below to earn the
\$87.50 Emory Medical Plan Incentive

Activities:

Connect a Device
Enable Automatic Steps Tracker
Achieve 252,000 total steps in 6-weeks

Operation Eat Right Quarter 2

April, May, June

Complete **3 out of 4** activities below to earn
the **\$87.50** Emory Medical Plan Incentive

Activities:

Healthy Plate Challenge

Track 21 of 28 days

Spring Green Day Challenge

Track 21 of 45 Days

Watch a Nutrition Video

Read a Nutrition Article

Refresh From Stress Quarter 3

July, August, September

Complete **3 out of 4** activities below to earn
the **\$87.50** Emory Medical Plan Incentive

Activities:

Live Mindfully Challenge

Track 21 of 30 days

Summer Green Day Challenge

Track 21 of 45 Days

Watch a Mindfulness Video

Take Time to Breathe Challenge

Track 7 of 30 Days

Sleep Better, Feel Better Quarter 4

October, November, December

Complete **3 out of 4** activities below to earn
the **\$87.50** Emory Medical Plan Incentive

Activities:

Snooze Soundly Sleep Challenge

Track 21 of 30 days

Winter Green Day Challenge

Track 21 of 30 Days













Listen to a Sleep Video

Improve Your Sleep Challenge

Track 21 of 30 Days



Healthy Emory Program/Challenge Descriptions

| <i>Name</i> | <i>Description</i> | <i>Webpage Link</i> |
|--|--|---|
| Blomeyer Grand Re-Opening | Employee only fitness center weeklong grand re-opening |  |
| Diabetes Prevention Program [†] | One-year program to help prevent or delay type 2 diabetes |  |
| Eat Smart Move More Weight Less (NEW) | 15 Week weight management program | |
| Healthy Emory Connect Re-Launch | Join the new Healthy Emory Connect & take Real Age Test |  |
| Healthy Plate Challenge | Nutrition campaign for a balanced diet |  |
| Improve Your Sleep Challenge | Practice good sleep habits to help you improve your sleep |  |
| Live Active Launch | Take the pledge to be more physically active |  |
| Live Mindfully Challenge | Improve your mood and reduce stress |  |
| Move More Challenge | Annual Emory-wide step challenge |  |
| National Walking Day | One-day walking event Emory-wide |  |
| Snooze Soundly Sleep Challenge | Track sleep and aim to be “in the green” |  |
| Spring Green Day Challenge | Prioritize your health tracking diet, sleep, & exercise | |
| Staff Fest | End of Year Celebration for all faculty and staff | |
| Summer Green Day Challenge | Prioritize your health tracking diet, sleep, & exercise | |
| Take Time to Breathe | Calm your mind and take time to breathe |  |
| Walking on Wednesday | Stay active and get out for a walk |  |
| Winter Green Day Challenge | Prioritize your health tracking diet, sleep, & exercise | |

[†] Only Emory employees are eligible, and they must meet program eligibility criteria to participate in the Diabetes Prevention Program. Employees must complete the full year program to receive the \$250 Emory Medical Plan Incentive.

