

# Healthy Emory 2022 Calendar\*

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

## Quarter 1

January, February, March

### Annual Preventive Exam Campaign

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

### Colonoscopy Screening Campaign

Dates	Name
April 4	Live Active Launch
April 6	National Walking Day
May 13	Staff Fest
May 16 – June 30	Spring Green Day Challenge
May 23 – August 29	<b>NEW!</b> Eat Smart Move More Weigh Less
May 25 – June 29	Spring Walking on Wednesday
June 20 – July 17	Healthy Plate Challenge

## Quarter 3

July, August, September

### Mammography Screening Campaign

Dates	Name
August 15 – September 30	Summer Green Day Challenge
August 22	Diabetes Prevention Program
August 17 – September 21	Summer Walking on Wednesday
September 1 – 30	Live Mindfully
September 1 – 30	Take Time to Breathe Challenge
September 5 – December 12	<b>NEW!</b> Eat Smart Move More Weigh Less

## Quarter 4

October, November, December

### Cervical Cancer Screening Campaign

Dates	Name
October 1 – 31	Improve Your Sleep Challenge
October 5 – November 16	Fall Walking on Wednesday
October 8 – November 8	Snooze Soundly Sleep Challenge
October 8 – November 8	Fall Green Day Challenge

\*Dates subject to change



# Emory Medical Plan Wellness 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

#### Fall Green Day Challenge

Track 21 of 30 Days

#### Listen to a Sleep Video











#### Improve Your Sleep Challenge

Track 21 of 30 Days

\* These activities are open to benefits eligible Emory employees, spouses, and pre-65 retirees (on an Emory Medical Plan). Only those on an Emory Medical Plan can earn the medical incentive. Email eligibility questions to [healthyemory@emory.edu](mailto:healthyemory@emory.edu).



# Healthy Emory Program/Challenge Descriptions

<i>Name</i>	<i>Description</i>	<i>Webpage Link</i>
Blomeyer Grand Re-Opening	Employee only fitness center grand re-opening event	
Diabetes Prevention Program <sup>†</sup>	One-year program to help prevent or delay type 2 diabetes	
Eat Smart Move More Weight Less <b>(NEW)</b>	15 Week weight management program	
<b>Fall Green Day Challenge</b>	<b>Prioritize your health tracking diet, sleep, &amp; exercise</b>	
Healthy Emory Connect Re-Launch	Join the new Healthy Emory Connect & take Real Age Test	
<b>Healthy Plate Challenge</b>	<b>Challenge yourself to eat two balanced meals each day</b>	
<b>Improve Your Sleep Challenge</b>	<b>Practice good sleep hygiene to help you improve your sleep</b>	
Live Active Launch	Take the pledge to be more physically active	
<b>Live Mindfully Challenge</b>	<b>Start a healthy habit by focusing on your main stressors</b>	
<b>Move More Challenge</b>	<b>7<sup>th</sup> Annual Emory-wide step challenge</b>	
National Walking Day	One-day walking event Emory-wide	
<b>Snooze Soundly Sleep Challenge</b>	<b>Challenge yourself to make small changes in your sleep habits</b>	
<b>Spring Green Day Challenge</b>	<b>Prioritize your health tracking diet, sleep, &amp; exercise</b>	
Staff Fest	End of Year Celebration for all faculty and staff	
<b>Summer Green Day Challenge</b>	<b>Prioritize your health tracking diet, sleep, &amp; exercise</b>	
<b>Take Time to Breathe Challenge</b>	<b>Calm your mind and take time to breathe</b>	
Walking on Wednesday	Stay active and get out for a walk	

<sup>†</sup> 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.

