



Find mindful moments

and earn a raffle entry!



The holiday season can be joyful—but also stressful. Unmanaged stress can impact your sleep, energy, digestion, and immune system, and over time, raise your risk for conditions like high blood pressure, heart disease, and anxiety. Learning to recognize and respond to stressors is a key part of protecting your emotional and physical well-being.

The *Holiday Harmony Challenge* encourages you to build self-awareness by tracking your stress daily from **December 1–21, 2025**. This simple habit builds self-awareness, helps you spot triggers, and encourages healthy coping strategies.

Track your stress for **14 days** to earn a raffle entry—and take a step toward a calmer, healthier holiday season.

How do I sign up?



Log in to your Sharecare app or register at healthyemory.sharecare.com



Tap 'Achieve' > 'Challenges' > 'Holiday Harmony' > 'Join challenge'



Track your stress for 14 days from December 1-21, 2025, to complete the challenge and earn a raffle entry for a chance to win: a free personal training session, a free massage therapy session, a free one-month membership, or a \$25 Amazon Gift Card. There is no medical plan incentive tied to this challenge.

Scan the QR code to explore all the mental health resources available to Emory Healthcare employees.



Have questions?

Call Sharecare Customer Service at **855-428-1708** or visit healthyemory.sharecare.com.



Sharecare, Inc. administers Emory University and Emory Healthcare's Healthy Emory well-being program. Before downloading the Sharecare app, you must register using a web browser on your computer or mobile device at 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.