

## **Frequently Asked Questions**



#### What is Move More?

Move More is a campaign brought to you by Healthy Emory Connect (Sharecare) that gets you moving as you compete with your co-workers, log your physical activity, and learn more about movement by reading four articles. Join as an individual, create a team, or join an existing team and you'll have the opportunity to earn a medical plan well-being incentive (medical plan participants) or be entered into a raffle (non-medical plan participants).

### When is Move More?

Move More activities are available from April 15 – May 26, 2024. You may join the campaign starting April 3, 2024 and can start logging your activity April 15, 2024.

### Who can participate in Move More?

All benefits-eligible Emory employees can participate in Move More. Spouses and pre-65 retirees with Emory medical plan coverage are also eligible to participate.

### How do I participate in Move More?

To participate in Move More:

- 1. Create an account or sign into <u>healthyemory.sharecare.com</u>
- 2. Select Achieve
- 3. Under the *Rewards* heading, look for *Move More*, then click the tile to open the screen and see the available activities



## **Walking Groups**

Weekly walking groups are offered throughout Move More. See the schedule at www.emory.edu/movemore





# If I am on an Emory Medical Plan, how do I receive the medical plan well-being incentive?

If you complete the Move More Challenge and read all four articles, you will receive your **\$75 medical plan well**being incentive. Incentives are applied to your Emory medical plan as follows:

- Aetna HSA Members: You will get a deposit into your Health Savings Account (HSA). If you should decide to move to a different medical plan, any unused funds will remain in your HSA account. <u>Visit your member portal</u>.
- Aetna POS Members: You will get a credit toward your deductible or co-insurance. Incentives can't be used for co-pays. If you should decide to move to a different medical plan, any unused funds will be forfeited at the end of the calendar year. <u>Visit your member portal</u>.
- Kaiser Permanente Members: Your incentives will be added to your Kaiser Permanente Health Reimbursement Arrangement (KP HRA) and can be used towards your medical and pharmacy co-pays. If you move to a different medical plan, any unused funds will be forfeited at the end of the calendar year.
  - Healthcare Employees learn more
  - University Employees learn more

Please allow up to eight weeks (about two months) to receive your incentive.

To confirm completion of an activity in the Healthy Emory Connect (Sharecare) platform:

- 1. Sign into <u>healthyemory.sharecare.com</u> on your web browser or Sharecare app
- 2. Go to Achieve
- 3. Under Rewards, click Move More to confirm completion

Any completed activities will have a green checkmark next to them.

#### If I am not on an Emory Medical Plan, what rewards can I earn?

If you are a benefits-eligible employee who has waived participation in an Emory medical plan, and you complete the Move More Challenge and read all four articles, you will earn a raffle entry for a chance to win one of the following:

- Swedish/Therapeutic massage (30 minutes)
- Personal training session (30 minutes)
- \$25 gift card
- One month membership to a participating Emory fitness facility

Drawings will be held the week of June 17, 2024. Only one Move More raffle entry per participant per year. There will be two winners for each prize selected per entity (University and Healthcare).

### What is the Move More "Challenge"?

The Move More "Challenge" is a specific challenge within the overall Move More Campaign. In the challenge, you must track at least 7,000 steps daily for at least 21 days during the challenge dates. You can either <u>sync your fitness</u> <u>tracking device</u> to the Sharecare app to automatically track your activity, or you can enter your activity manually in the Steps Tracker on the app.



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### How do I join the Move More Challenge?

To join the Move More Challenge:

- 1. Create an account or sign into healthyemory.sharecare.com
- 2. Select Achieve
- 3. Under the Challenges heading, look for Move More Challenge, then click the tile

### How do I create or join a team?

You will have the option to participate as an individual, create a team and invite your colleagues, or join one of Emory's pre-created teams: (i.e. Healthy Emory or Blomeyer Fitness Center. There is a limit of 15 people per team.

To join as an individual, select *Join* and click the green button next to the provided username.

You can personalize your username at any time by clicking the *challenge settings*. See image below:

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		MOVE MORE: Track at least 7,000 steps daily for 21 days during the challenge dates.				
		View Challenge Details				

To join an existing team, select Join Team and then select the team you'd like to join.

To create a new team, follow the steps below:

- 1. Select *Create Team*, then name your team.
- 2. Select your team's image. You can add your own image or choose one of the provided images.
- 3. Select *CreateTeam*.
- 4. To invite colleagues to join your team, select *Invite Team Members* and then search for the names of the people you'd like to invite. Type the first name and last name of the desired recipient and select their name from the dropdown. Multiple members can be invited at once. If the recipient is not listed in the name search, enter their email address to send an invitation. The colleagues you invite will receive an email that will prompt them to register or log into their Sharecare account and join the challenge.

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### How do I accept an invitation to join a team?

If you have been invited to join a colleague's team, you will receive an email or in-app notification with this invitation. If you have already joined a team, accepting an invitation will move you to the new team.

### Can I change teams after I join one?

Yes, you can change teams during the challenge, but you cannot be on more than one team at the same time. All your recorded activity for the duration of the challenge will be transferred to your new team. You can change teams one of two ways:

- 1. Go to *Settings* within the challenge and select *ChangeTeam*. From there, you can create a new team or join from the list of pre-established teams (see above).
- 2. You can also accept an existing invitation from a colleague via an email that will prompt you to join the team. Upon accepting this invitation, you will automatically be moved to that team.

### I have a disability, how can I participate in the Move More Challenge?

The Move More Challenge's self-paced, flexible design fits people of all abilities. If walking isn't possible, be as active as you can in whatever ways you enjoy. If you're unsure which activities are best, check with your healthcare provider. The National Center on Health, Physical Activity, and Disability offers specific ideas.

In the Move More Challenge, you can get credit for activities that don't track steps by using this <u>virtual step</u> <u>converter tool</u>. Enter your activity minutes into the tool and your minutes will be converted into steps. You will then manually enter your steps into the tracker in Sharecare. See below to learn more about manual tracking.

### How do I read the Move More articles?

To read the Move More articles:

- 1. Create an account or sign into healthyemory.sharecare.com
- 2. Select Achieve
- 3. Under the *Rewards* heading, look for Move More, then click the tile to open the screen and see the available activities
- 4. Select each of the following articles and read the full article:
  - Americans urged to move more, sit less
  - How this one exercise can add years to your life
  - The easiest exercise that isn't walking
  - How to choose a fitness tracker

### How do I track my activity?

You can track your activity automatically or manually.

• Automatic Tracking: Link your activity tracker with your Sharecare App. <u>See the step-by-step guide for</u> <u>linking your tracker</u>.

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• **Manual Tracking**: Each day, log into the Sharecare app and manually record the number of steps you've taken. Go to the *Home* tab > *Track* > *Steps* > *Add Entry*. To convert other physical activity into steps, <u>use this virtual step conversion tool</u>.

### What happens if I miss a day of tracking?

You will only be able to backlog up to 7 days. If you forget to log in after the challenge starts or begin the challenge in the middle of its duration, you will only be able to backlog up to 7 days (i.e., you will not be able to enter information starting at the beginning of the challenge if it's beyond day 8). Even after the challenge, you have up to 7 days to backlog. You only have to log 21 of the 42 days of the challenge to earn the incentive or rewards.

### Can I edit an entry after I hit save?

Yes, you can correct an entry by navigating to the *Home* tab > *Track* > *Steps* > *Add Entry* > Click today's date and then toggle to the desired date and re-enter the value. Please note you can manually enter or backlog steps for up to 7 days.

# I have an activity device synced, but I don't see that my steps have updated. How can I fix that?

Most wearable devices use apps to sync data, so accessing the Healthy Emory Connect (Sharecare) platform via the web (<u>healthyemory.sharecare.com</u>) won't initiate the sync. Just open your app once every few days to ensure all your steps are synced and applied. You can sync your app using your mobile device or the website. <u>See the step-by-step guide</u> for more details.

### **Need Help?**

Contact Sharecare at support.you.sharecare.com or call 855-428-1708.

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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All benefits-eligible Emory employees, spouses, and pre-65 retirees with Emory medical plan coverage are eligible to participate in Move More. To earn the \$75 Emory medical plan incentive or be eligible to win rewards, you must complete the Move More Challenge and read all four articles.

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory well-being program. Before downloading Sharecare, you must register using a web browser on your computer or mobile device at <u>healthyemory.sharecare.com</u>. Then, create your user ID and password when you sign in to Sharecare to unlock the benefits available to all eligible employees. © 2024 Sharecare, Inc. All rights reserved.