



Your 2026 Well-being Rewards Program is Here

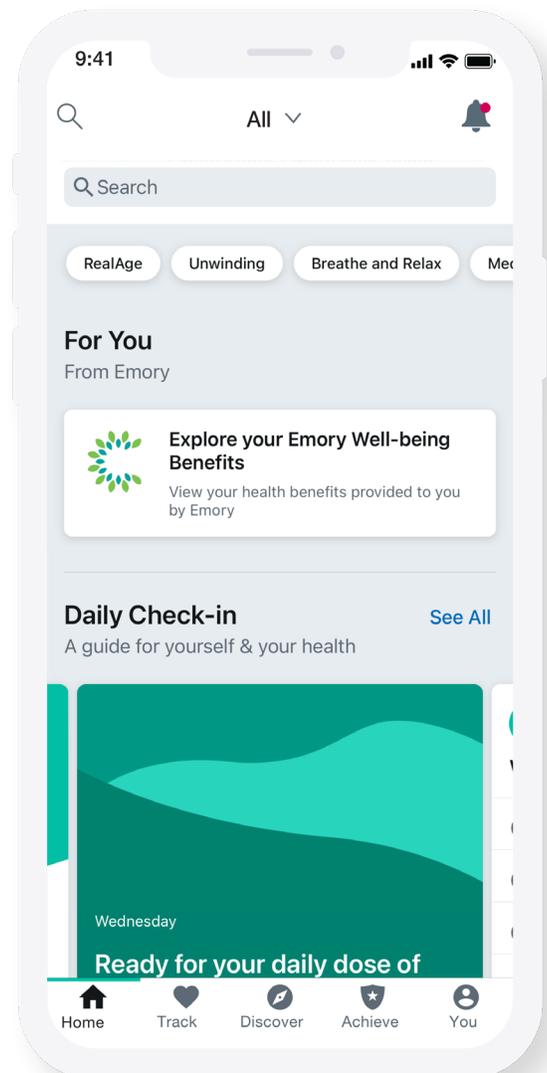
Access personalized tools and resources to keep your mind and body strong, at no cost to you!

Earn sweepstakes entries when you complete activities and challenges.

Healthy Emory has partnered with Sharecare to help you live your happiest, healthiest, and most productive life. With Healthy Emory Connect (Sharecare), you have access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, when you complete activities and challenges, you can earn raffle entries for a chance to win prizes!

Here's how to get started:

-  Sign in or create your account at healthyemory.sharecare.com.
-  Take the **RealAge®** assessment as guided through the Sharecare platform.
-  Bring **Sharecare on the go!** Download the app from the App Store or Google Play.
-  See all the ways you can earn sweepstakes entries. Select **Achieve > Rewards > Healthy Emory Connect** to see what's available.



2026 Healthy Emory Activities and Challenges

Earn raffle entries by completing activities and challenges.

Timeframe	Activity		Rewards
Jan 1 – Nov 15, 2026	RealAge assessment	See how your body's age compares to your calendar age and get content, resources, and more - just for you!	Earn 1 raffle entry for each activity you complete for your chance to win a Healthy Emory Reward
Jan 1 – Nov 15, 2026	Fidelity Financial Wellness Checkup	See what you're doing well and the next steps to help improve your financial well-being.	
Jan 1 – Nov 15, 2026	Career Learning Series	Complete select training courses to strengthen your expertise while supporting your well-being and long-term success.	
Jan 1 – Nov 15, 2026	Unwinding by Sharecare	Gain tips to manage stress, improve sleep, and strengthen mental well-being at work and home.	Complete 1 mini-course per quarter for your chance to win a Healthy Emory Reward
Jan 1 – Nov 15, 2026	Volunteer through Emory Open	Build connection, purpose, and fulfillment while you strengthen your sense of belonging and make a difference.	Complete 1 Healthy Emory Volunteer event per quarter for your chance to win a Healthy Emory Reward
Feb 1 – Mar 31, 2026	Nutrition	Complete the Fuel to Flourish challenge, read 2 articles, watch 2 videos, and embrace the power of food to heal & energize.	Complete all 5 Nutrition activities for your chance to win a Healthy Emory Reward
Apr 1 – May 31, 2026	Physical Activity	Complete the Move More challenge, read 2 articles, watch 2 videos, and make exercise a priority for your health.	Complete all 5 Physical activities for your chance to win a Healthy Emory Reward
Jul 1 – Aug 31, 2026	Sleep & Recovery	Complete the Rest to Rise challenge, read 2 articles, watch 2 videos, and make sleep & recovery a priority for your health.	Complete all 5 Sleep & Recovery activities for your chance to win a Healthy Emory Reward
Sept 1 – Oct 31, 2026	Social & Community	Complete the Move Together challenge, read 2 articles, watch 2 videos, and boost your well-being with strong connections.	Complete all 5 Social & Community activities for your chance to win a Healthy Emory Reward
Oct 3, 2026	Winship 5k	Walk, run, or volunteer to help with race day activities and support cancer research.	Participate in the Winship 5k for your chance to win a Healthy Emory Reward

Questions?

Call Sharecare Customer Service at **855-428-1708**, visit healthyemory.sharecare.com, or the Healthy Emory team at HealthyEmory@emory.edu.



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.

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