



# Operation Eat Right

## Frequently Asked Questions (FAQ)



### What is Operation Eat Right?

Operation Eat Right is a campaign brought to you by Healthy Emory Connect (Sharecare) that offers you the opportunity to balance your nutrition. Participate in a variety of activities and learn useful ways to balance your nutrition, and you'll have the opportunity to earn medical plan well-being incentives and rewards!

### When is Operation Eat Right?

Operation Eat Right activities are available for you to complete from **February 5 - March 31, 2024**. You may join the campaign starting January 29, 2024.

### Who can participate in Operation Eat Right?

All benefits-eligible Emory employees, spouses, and pre-65 retirees with Emory medical plan coverage are eligible to participate.

### How do I participate In Operation Eat Right?

To participate in Operation Eat Right:

1. Create an account or sign into [healthyemory.sharecare.com](https://healthyemory.sharecare.com)
2. Select Achieve
3. Under the *Rewards* heading, look for Operation Eat Right, then click the tile to open the screen and see the available activities

# Operation Eat Right FAQs



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

Once you complete the Healthy Plate Challenge and read all 4 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. [Visit your member portal](#).
- **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. [Visit your member portal](#)
- **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 8 weeks (about 2 months)** to receive your incentive.

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

1. Sign into [healthyemory.sharecare.com](#) on your web browser or Sharecare app
2. Go to Achieve > Rewards > Healthy Emory Connect

Any completed activities will appear under the "Completed activities" heading and 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 not enrolled in an Emory Medical Plan, complete the Healthy Plate Challenge and read all 4 articles to earn a raffle entry for a chance to win 1 of the following:

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

Drawings will be held the week of April 22, 2024. Only one Operation Eat Right raffle entry per participant per year. There will be 2 winners for each prize selected per entity (University and Healthcare).

## What is the Healthy Plate Challenge?

A well-balanced nutrition plan includes a variety of fruits, vegetables, healthy fats, whole grains, and plant or lean animal protein. The Healthy Plate Challenge will help you focus on eating mostly whole foods and limit foods and beverages high in added sugars, saturated fat, and sodium.

**Your challenge:** Eat a well-balanced meal daily, including mostly healthy, nutritious foods, for at least 21 days from **February 5 to March 31, 2024**. Record your balanced meals by answering the question "What did you eat today?" and selecting Meal Quality on the nutrition tracker in the Healthy Emory Connect (Sharecare) platform.

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## How do I join the Healthy Plate Challenge?

To join the Healthy Plate Challenge:

1. Create an account or sign into [healthyemory.sharecare.com](https://healthyemory.sharecare.com)
2. Select *Achieve > Challenges*, and then look for the Healthy Plate Challenge
3. Select *Join* and start tracking your challenge activity

## How do I read the Operation Eat Right articles?

To read the Operation Eat Right articles:

1. Create an account or sign into [healthyemory.sharecare.com](https://healthyemory.sharecare.com)
2. Select *Achieve*
3. Under the *Rewards* heading, look for Operation Eat Right, 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:
  - 4 Big Reasons Why You Should Be Eating More Fiber
  - How Much Protein Do You Really Need to Eat?
  - 10 Reasons to See a Dietitian That Aren't About Weight Loss
  - Fuel Your Body for a Better Workout

## Need Help?

Contact Sharecare at [support.you.sharecare.com](https://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.



All benefits-eligible Emory employees, spouses, and pre-65 retirees with Emory medical plan coverage are eligible to participate in Operation Eat Right. To earn the \$75 Emory medical plan incentive or be eligible to win rewards, you must complete the Healthy Plate Challenge and read all 4 articles.

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory well-being program. Before you download Sharecare, you must register from a web browser on your computer or mobile device at [healthyemory.sharecare.com](https://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. © 2024 Sharecare, Inc. All rights reserved.