



# Physical Activities and Challenge

## Frequently Asked Questions

Did you know regular physical activity can be as powerful as a prescription? At Emory, we're championing movement, encouraging everyone to make physical activity a natural and joyful part of daily life.

### Why Physical Activity?

Physical activity is more than just a way to stay in shape, it's essential for overall health and well-being. Regular physical activity helps:

- **Boost Mental Health:** Physical activity releases endorphins, improves mood, and reduces stress, anxiety, and depression.
- **Enhance Heart Health:** Strengthen your heart and improve circulation, reducing the risk of heart disease.
- **Increase Energy:** Regular activity can increase your stamina, making everyday tasks easier.

Every step, stretch, and stride brings us closer to a healthier, stronger self. No matter your fitness level, it's never too late to start moving. Together, we can make physical activity the medicine that works for everyone!

Earn a \$100 Emory Medical Plan Well-being Incentive or reward when you complete all Physical activities April 1 – May 31, 2025.



### How do I participate?

Sign in to your Sharecare app or create your account at [healthyemory.sharecare.com](https://healthyemory.sharecare.com). Select **Achieve > Physical Activity** and complete these items:

- **Read these two articles in Sharecare (April 1 – May 31):**  
[8 essential body weight exercises to build muscle and stay strong](#)  
[3 ways yoga can help you manage your weight](#)
- **Watch these two videos in Sharecare (April 1 – May 31):**  
[Move to improve posture](#)  
[Get moving with these 30-second workouts](#)
- Complete the [Move More Challenge \(May 1 – May 31\)](#).

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



Sign in to your Sharecare app or [healthyemory.sharecare.com](https://healthyemory.sharecare.com).



Select **Achieve > Challenges > Move More Challenge > Join Challenge**.



Track a total of 630 minutes of physical activity from May 1 – May 31, 2025, to complete the challenge.

## How do I create or join a team?

Once you've joined the challenge, you can participate as an individual, join an existing team, or create a team and invite others to join you. Each team can have a maximum of 15 people.

- To join an existing team, select **Join Available Team** and select the team you'd like to join.
- To create a new team, select **Create Team**, then name your team.
- To invite others to join your team, select **Invite Team Members**. Then, using the drop-down, search for the person you'd like to invite and choose their name. If the recipient is not listed, enter their email address to send an invitation to them. They will receive an email that will prompt them to register or log into their Sharecare account and join the challenge.

## How do I change my Challenges username?

You can change your username after joining the challenge by following these steps:

Consider using your real name if you want others to recognize you more easily.

- Go to the challenge landing page.
- Click on the gear icon next to the challenge name in the top right corner.
- Create a new Challenge username and click save.

## 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 in one of two ways:

- Go to Settings within the challenge and tap **Change Team**. From there, you can create a new team or join one of the pre-established teams (see above).
- 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.

## How do I track my activity?

There are two ways to track your activity:

1. **Automatic Tracking:** Link your Fitbit app or mobile phone's Health App with Sharecare and enable automatic tracking. Then, be sure to sync your wearable devices daily with their corresponding apps for seamless, automatic data input.
2. **Manual Tracking:** Each day, log in to your Sharecare app or [healthyemory.sharecare.com](https://healthyemory.sharecare.com) and select **Track > Activity > +**. Choose the activity you completed, enter the minutes, and select **Save**.

## What if I forget to track for a day?

You can log missed activities for up to 7 days during the challenge. After the challenge ends, there is a 7-day grace period to track any remaining activities retroactively.

To update your tracker for a past day:

1. Select **Track**
2. Choose the missed day(s)
3. Select **Activity** and enter your update
4. Click **Save** to finalize your entry

## How do I find the Physical Activity articles in Sharecare?

There are three ways to find the articles after you have signed into your Sharecare app or [healthyemory.sharecare.com](https://healthyemory.sharecare.com):

- Select **Achieve > Rewards > Healthy Emory Connect > Physical Activity**, choose the article you want to read, and select **Read Article**.
- Or enter the article's name in the search bar, locate the article within the results returned, and click to open it.
- You can also find the articles on the **Move More Challenge** page, under **View Challenge Details**. Select **Achieve > Challenges > Move More Challenge > View Challenge Details**.

## How do I find the Physical Activity videos in Sharecare?

There are three ways to find the videos after you have signed into your Sharecare app or [healthyemory.sharecare.com](https://healthyemory.sharecare.com):

- Select **Achieve > Rewards > Healthy Emory Connect > Physical Activity**. Choose the video you would like to watch and select **Watch video**.

- Or enter the name of the video in the search bar, locate the video within the results returned, and click to open it.
- You can also find the videos on the **Move More Challenge** page under **View Challenge Details**. Select **Achieve > Challenges > Move More Challenge > View Challenge Details**.

### How can I see if I have completed all 5 Physical Activity activities?

Sign in to your Sharecare app or [healthyemory.sharecare.com](https://healthyemory.sharecare.com), then select **Achieve > Rewards > Healthy Emory Connect > Physical Activity**. If you see a green check mark next to the activity name, you have completed it.

### What do I earn when I complete all 5 Physical activities?

If you're enrolled in an Emory Medical Plan, you will earn a \$100 Emory Medical Plan Well-being incentive. If you waive participation in an Emory Medical Plan, you will earn a sweepstakes entry\* for a chance to win a reward of your choice: a free 30-minute massage, a free 30-minute personal training session, a \$25 Amazon Gift Card, or a free 1-month Membership at participating Emory fitness facilities.

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

#### Aetna HSA Members:

You will get a deposit into your Health Savings Account (HSA). If you decide to move to a different medical plan, any unused funds will remain in your HSA account. Visit your [Aetna member portal](#) to learn more.

#### Aetna POS Members:

You will get a credit toward your deductible or co-insurance. Incentives can't be used for co-pays. If you decide to move to a different medical plan, any unused funds will be forfeited at the end of the calendar year. Visit your [Aetna member portal](#) to learn more.

#### Kaiser Permanente Members:

Your incentives will be added to your Kaiser Permanente Health Reimbursement Arrangement (KP HRA) and used toward your medical and pharmacy co-pays. If you move to a different medical plan, unused funds will be forfeited at the end of the calendar year.

#### Healthcare Employees:

Visit [choose.kaiserpermanente.org/emoryhealthcare](https://choose.kaiserpermanente.org/emoryhealthcare) to learn more.

#### University Employees:

Visit [choose.kaiserpermanente.org/emoryuniversity](https://choose.kaiserpermanente.org/emoryuniversity) to learn more.

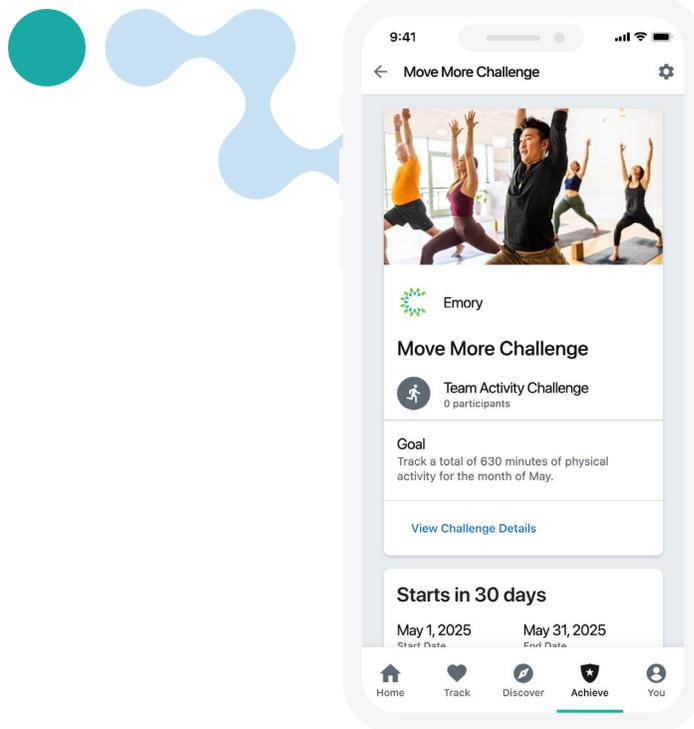
### I'm not on an Emory Medical Plan; how will I know if I've won the Sweepstakes?

Drawings for the Physical activities and challenge sweepstakes winners, eight from Emory University and eight from Emory Healthcare, will be held the week of June 23, 2025. The Healthy Emory Team will email winners a prize notification with instructions on how to claim their prize.

### Have more questions?

Call Sharecare Customer Service at **855-428-1708** or visit [support.sharecare.com](https://support.sharecare.com).

Physical activities and challenges are open to all benefits-eligible employees and medically enrolled spouses. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity, please contact Sharecare at **855-428-1708**.



To earn the \$100 Emory medical plan incentive, you must complete all five (5) Physical activities by May 31, 2025. Emory employees who have not enrolled in an Emory medical plan who complete all five (5) Physical activities by May 31, 2025, will be entered into a drawing for a chance to win: a free 30-minute massage, a free 30-minute personal training session, a free one-month membership to participating Emory Fitness Facilities, or a \$25 Amazon Gift Card.

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](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. © 2025 Sharecare, Inc. All rights reserved.

