



Physical Activity Frequently Asked Questions

If you're living with or at risk for conditions like diabetes, high blood pressure, or heart disease, physical activity is one of the most powerful ways to support your health. Regular movement improves metabolic function, lowers stress, strengthens your heart, and helps you feel better every day.

Complete all 5 Physical Activity requirements between April 1 – May 31, 2026, to earn a \$100 Emory Medical Plan Well-being incentive or reward.

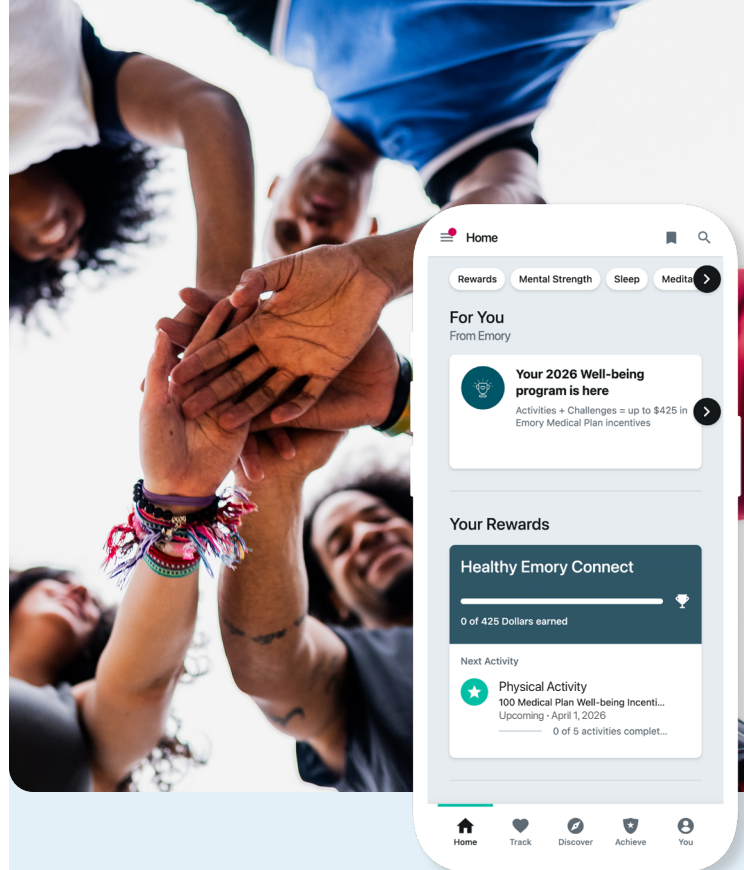
How do I participate?

Sign in to your Sharecare app or create your account at healthyemory.sharecare.com. Once logged in, select **Achieve > Rewards > Healthy Emory Connect > Physical Activity** and complete these steps:

- Read these two articles (April 1 - May 31)
[4 Ways Playing Protects Body and Mind](#)
[The Easiest Exercise That Isn't Walking](#)
- Watch these two videos (April 1 - May 31)
[How Does Progressive Muscle Relaxation Reduce Stress?](#)
[Ask the Experts: 5 Reasons to do Yoga](#)
- Complete the Move More challenge (May 1 – 31).
[Move More 'May'hem is your chance to stay active, support your division, and ignite some friendly competition across Emory. Visit the webpage or use the Move More 'May'hem FAQ to learn more.](#)

How do I join the Move More challenge?

- Sign in to your Sharecare app or healthyemory.sharecare.com.
- Select **Achieve > Challenges > Move More > Join Challenge**.
- Create or join a team and track at least 630 minutes of physical activity for the month of May.



Start SMART with Goal Setting

What are SMART goals and how do they support success?

When it comes to making meaningful progress, whether in your personal life, your health, or your career, setting clear goals is essential. One of the most effective ways to do this is by using the SMART framework. It helps you move from vague intentions to actionable steps that lead to real results.

How do I set SMART goals for better health and well-being?

Specific: Define your goal clearly. What do you want to accomplish? The more detailed, the better.

Measurable: Track your progress. How will you know when you've reached your goal?

Attainable: Set a goal that is challenging but achievable. Do you have the tools, time, and resources to make it happen?

Relevant: Explore personal values and motivations to ensure the goal aligns with what matters most. Does this goal align with your values?

Timely: Give yourself a deadline. When do you want to achieve this goal?

What is an example of a SMART goal for physical activity?

"For the next 4 weeks, I will walk for at least 35 minutes during my lunch break 5 days per week, using a calendar reminder to stay consistent."

By starting **SMART**, you're not just setting a goal; you're creating a roadmap for success. Whether you're aiming to improve your sleep, eat healthier, reduce stress, or **move more**, this approach helps you stay focused and motivated.



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 up to 15 people.

- To join an existing team, select *Join Available Team* and scroll to select the team you'd like to join.
- To accept an invitation to a team, you'll receive an email prompting you to log in or register with Sharecare. **Make sure you use the same email address you used when you created your Sharecare account.** This ensures the system can match you with the correct invitation. Once you log in with the correct email, you'll be able to accept the invitation and join the team. **Note: You must opt in to receive email communications to receive team invitations.**
- 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 prompting them to register or log in to their Sharecare account to join the challenge. **Note: You must send the invitation to the appropriate email address associated with the recipient's Sharecare account to ensure it can be matched correctly.**

How do I accept an invitation to join a team?

Team invitations are sent by email or in-app notification. If you are already on a team, accepting an invitation will transfer you to the new team. When someone invites you, you'll receive an email prompting you to log in or register with Sharecare. **Make sure you use the same email address you used when you created your Sharecare account.** This ensures the system can match you to the correct invitation. Once you log in with the correct email, you'll be able to accept the invitation and join the team.

Note: You must opt in to receive email communications in order to receive team invitations.

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. If you join a new team, all your recorded activity for the duration of the challenge will be transferred to the 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 **How do I create or join a team?**).
- 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 change my username for the Challenge?

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 track my activity?

There are two ways to track your activity:

1. **Automatic Tracking:** Link your wearable device 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 to ensure seamless, automatic data transfer. **Note: You will need to start and stop your workout on your device to ensure your activity minutes are captured accurately.**
2. **Manual Tracking:** Each day, log in to your Sharecare app or 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 and videos in Sharecare?

From the home page, navigate to **Achieve > Rewards > Healthy Emory Connect > Physical Activity**, and select the content you wish to view. Follow the on-screen prompts to access your selection.

How can I see if I have completed all 5 steps to earn my incentive or reward?

Sign in to your Sharecare app or healthyemory.sharecare.com, then select **Achieve > Rewards > Healthy Emory Connect > Physical Activity**. If you see a green check mark next to the step, you have completed it.

What if my steps aren't showing as complete?

If you've completed the step but it hasn't been marked as complete, please contact Sharecare Customer Service **by phone at 855-428-1708**, through the app, or on the website for assistance.

What do I earn upon completing 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 are benefits-eligible and waive participation in an Emory Medical Plan, you will earn a sweepstakes entry* for a chance to win a raffle prize 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.



Have more questions?

For direct assistance from the Sharecare customer support team, please complete this convenient [email form](#) and you will receive a response from one of their team members.

If you prefer, you can also call Sharecare directly at **855.428.1708**.

Visit healthyemory.sharecare.com or email the Health & Well-being team at HealthyEmory@emory.edu.

How do I receive the \$100 Emory 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 at the end of the calendar year or you leave Emory, 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. Incentive dollars can't be used for co-pays. If you decide to move to a different medical plan at the end of the calendar year or leave Emory, 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 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:**
Visit [Kaiser Permanente member portal](#) to learn more.
- **University Employees:**
Visit [Kaiser Permanente member portal](#) to learn more.

I'm not on an Emory Medical Plan, how will I know if I've won reward/raffle?

The drawings for the Physical Activity campaign winners will be held during the week of June 15, 2026. Four from Emory University and four from Emory Healthcare. Each winner will receive a prize notification email from the Health & Well-being team with instructions for claiming their prize.

To earn the \$100 Emory medical plan incentive, you must complete all five (5) Physical activities by May 31, 2026. Emory employees not enrolled in an Emory medical plan who complete all five (5) Physical activities by May 31, 2026, 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. Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. © 2026 Sharecare, Inc. All rights reserved.