



# Fall Green Day Challenge FAQs

Everything you need to know to grow younger this season.

## What's this challenge all about?

The fall season means good things like tailgating, festivals, and more time with loved ones – but it can also bring challenges, like more opportunities to indulge in unhealthy foods and fewer hours of sleep. Try to live in the green for 21 days this month, making sure you eat healthily, sleep plenty and exercise frequently to earn rewards and lower your RealAge.

You can sign up for the Fall Green Day Challenge starting September 25, 2022. The challenge will run from October 8 - November 8, 2022.

## What's the challenge goal?

Update your trackers daily. When eight trackers are in the green, you'll score a green day! Earn 21 green days from October 8 – November 8, 2022, to meet the challenge goal.

## What's the reward?

Once you earn 21 green days, you will have met the challenge goal and completed one activity for **Sleep Better, Feel Better**.

## Who is eligible to participate?

All benefits-eligible employees, spouses, and pre-65 retirees on an Emory medical plan.

## How do I sign up?

1. Register or sign into Healthy Emory Connect, powered by Sharecare, at: [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect).
2. Find the **Challenges** under the **Achieve** icon.
3. Look for the **Fall Green Day Challenge** and click **Join**. Start living in the green! **Track 21 green days** from October 8– November 8, 2022.

## What are green days and how to I earn them?

Green days are based on 13 total health factors such as sleep, nutrition, exercise and stress. Each factor is rated on a five-point scale from red to green. Your goal is to “be in the green” for at least **8 of the 13 total health factors** to earn a green day. Earning green days helps you track healthy habits and can lower your RealAge over time.



## How does daily “in the green” tracking work?

You can automatically track certain factors including steps and sleep by connecting your Sharecare account to your mobile phone or wearable fitness tracker. Other factors like diet, stress and relationships need to be entered manually. Some trackers, such as blood pressure, which don’t require daily input for most users, can be customized. Take a few minutes each day to update your key health factors and track the days you’re “in the green.”

## How do I track my activity? *There are two ways to track:*

1. **Automatic Tracking:** Sync with your Samsung or iPhone’s Health apps or Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.
2. **Manual Tracking:** Each day, log into Healthy Emory Connect to manually update your trackers.

## How do I know which trackers to update?

The trackers that you are required to update daily are based on the results of your RealAge test. The trackers that appear in green are automatically populated from the results of your RealAge test or from your health profile. The platform informs you daily which trackers need to be updated.

## How do I know if my tracker is in the green?

Use the app or log into your account on the web to view your trackers. Each tracker will be color-coded to show you whether or not you have added your information and how the information you have tracked relates to your overall health. **Your goal is to be in the green for at least 8 out of the 13 total trackers to earn a green day.**

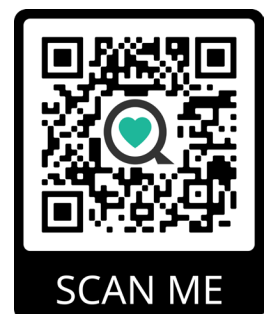
## What if I forget to track my activity for a day?

If you miss a day while the challenge is still active, you can go back **up to one week** and track any missed activities. To update your tracker for a day in the past, simply select **Track**, then select **Today** at the top of the app to open the calendar. From there you can select the day(s) you haven’t tracked and manually enter your information for the day(s) you missed. Once the challenge is over, you will be able to retroactively track activities for up to one week after challenge end date.

## How many green days do I need to lower my RealAge?

After you earn 60 green days within a 90-day window, you will be prompted to re-take your RealAge test to see how you’ve improved your health over that time period. The level of improvement will depend on your starting point and progression.

Still have questions? Call **855-428-1708** or visit [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect) to learn more.



---

All benefits-eligible Emory employees, spouses, and pre-65 retirees with Emory medical plan coverage are eligible to participate in Sleep Better, Feel Better. To earn the \$87.50 Emory medical plan incentive, you must complete 3 out of 4 Sleep Better, Feel Better activities.

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory wellness program. Before you download the Sharecare app, you must register from a web browser on your computer at [www.healthy.emory.edu/connect](http://www.healthy.emory.edu/connect). Then create your user ID and password to use when you sign into Healthy Emory Connect, powered by Sharecare, to unlock the benefits available to all eligible employees. ©2022 Sharecare, Inc. All rights reserved.