



Improve Your Sleep Challenge FAQs

Practice healthy sleep habits



Did you know that most adults need between seven and nine hours of shut-eye each night? Sleep is critical to maintaining your mental and physical health. The **Improve Your Sleep Challenge** will help you practice healthy sleep habits to help you catch more ZZZs each night.

During the challenge, log into Healthy Emory Connect, powered by Sharecare, and answer the following self-attestation question: Did you practice healthy sleep habits today? Track your response for at least 21 days in the month of October to complete the challenge.

When does the challenge take place?

You can sign up for the **Improve Your Sleep** challenge starting **Thursday, September 15, 2022**. The challenge will run from **October 1 - October 31, 2022**.

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. Log into your app or register at www.healthy.emory.edu/connect.
2. Find **Challenges** under the **Achieve** icon.
3. Look for the Improve Your Sleep and click **Join**.
4. Answer the **Improve Your Sleep** challenge self-attestation question affirmatively for at least 21 days from October 1 – October 31, 2022 to meet the goal.

How do I track my activity?

After you've joined the challenge, log into Healthy Emory Connect daily, navigate to **Achieve**, open the **Improve Your Sleep** challenge, and **answer the question to complete the self-attestation**.

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**. Once the challenge is over, you will not be able to retroactively track activities.

Still have questions?

Call **855-428-1708** or visit www.healthy.emory.edu/connect to learn more.

*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 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. 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.