



Step it Up Emory Challenge FAQ's



Join the Step it Up Emory challenge as an individual, create a team, or join an existing team, and get ready to start moving! Registration opens September 3, and the challenge runs from September 9 - October 6, 2024.

What is the challenge goal?

Take 7,000 steps a day or log any physical activity in the NEW Sharecare Activity Tracker to convert activity into steps for 21 days between September 9 and October 6, 2024.



The individual with the highest step count will win a Fitbit.



The team with the highest average step count will win chair massages for their team and a lunch provided by the Health and Well-being team.

How do I participate in the Step it Up Emory Challenge?

Log in to your Sharecare app or healthyemory.sharecare.com. Select **Achieve > Challenges > Step it Up Emory > Join Now**. To complete the challenge, take 7,000 steps a day or log any physical activity in the NEW Sharecare Activity Tracker to convert activity into steps for 21 days between September 9 and October 6, 2024.

Why should I participate on a team?

Being on a team is a great way to encourage and support colleagues throughout the challenge and adds extra fun. You can see where your team ranks on the challenge leaderboard and virtually cheer one another on when you like, love, or boost to keep them motivated.

How do I create or join a team?

Once you've joined the challenge, you can participate as an individual, create a team and invite your colleagues, or another Emory team. There is a limit of 15 people per team.

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

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 one of two ways:

- Go to **Settings** within the challenge and tap **Change Team**. From there, you can create a new team or join from the list of 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 steps?

There are two ways to track your steps:

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 input of your steps data.
2. **Manual Tracking:** Each day, log into Sharecare and select **Track, Steps** and then **Add Today's Entry** to manually record your steps activity.

Can other activities be counted as steps?

Yes, log any physical activity in the NEW Sharecare Activity Tracker to convert activity into steps. The challenge isn't just about walking. You can convert almost any activity into steps—like swimming, biking, playing basketball or taking a Zumba class.

What if I forget to track my steps for a day?

During the challenge, you can go back up to 7 days and track any missed activities. To update your tracker for a day in the past, select Track, then tap on the green hearts or tap on the calendar at the top to manually enter the information for the day(s) you missed. Once the challenge is over, you will have a grace period of 7 days to retroactively track.

What if I meet the challenge goal before the challenge is over?

If you meet the challenge goal before the challenge is over, you will be recorded as having completed the challenge, regardless of activity after the goal is met.



Have more questions? Call Sharecare Customer Service at **855-428-1708** or submit a digital request through your Sharecare app by selecting **You > Settings > Support**.

If you require a reasonable alternative to participating in promotions and challenges due to medical necessity. Please contact Sharecare at 855-428-1708.

The Step it Up Emory challenge is open to all benefits-eligible employees and medically enrolled spouses.

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. 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.