



Stress Less, Live More FAQs

What is Sharecare?

Sharecare is the digital health company Emory has partnered with to administer the Healthy Emory Well-being program. Sharecare's innovative, award-winning technology offers you a comprehensive resource where you can easily connect to information and programs to help you live your healthiest, happiest and most productive life.

What is Stress Less, Live More?

Stress can show up in different ways and can be strong. If you don't manage it, stress can make you feel upset and might harm your health over time. Stress Less, Live More gives you tools and resources to help you focus on decreasing your stress.

How do I participate in Stress Less, Live More?

Sign in to your Sharecare app or create your account at healthyemory.sharecare.com and select **Achieve > Stress Less, Live More** and complete the 5 **Stress Less, Live More** activities by November 8, 2024 to earn your reward.

- Complete the **Live Mindfully Challenge**. Track how often you experience stress for 21 days October 7 - November 8 to complete the challenge.
- Read these 4 articles in Sharecare:
 - Try This Quick Technique to Calm Your Anxiety**
 - Take a Vacation for Your Heart's Sake**
 - Resilience is a Skill You Can Learn—Here's How**
 - The Link Between Your Finances and Your Mental Health**

How do I join and complete the Live Mindfully Challenge?



Sign in to your Sharecare app or healthyemory.sharecare.com



Select **Achieve > Challenges > Live Mindfully > Join Challenge**



Track how often you experience stress for 21 days October 7 - November 8, 2024

How do I track my stress?

Each day, sign in to your Sharecare app or healthyemory.sharecare.com and select **Track > Stress**. Then answer the question 'How often did you experience stress at home or work today?' by selecting **Never, Sometimes, Often, or Constantly** and select **Save**.

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

During the Live Mindfully challenge, you can go back up to 7 days and track your stress. To update your tracker for a day in the past, select **Track**, then tap on the green hearts or on the calendar at the top to 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.

How do I find the Stress Less, Live More articles in Sharecare?

There are two ways to navigate to each article:

- Sign in to your Sharecare app or healthyemory.sharecare.com and select **Achieve > Stress Less, Live More** under the **Rewards** section. Choose the article you would like to read and click **Read Article**. Read the article all the way through to the end to complete the activity.
- Or, once you've opened the Sharecare app or healthyemory.sharecare.com enter the name of the article in the search bar. Open the article and read it all the way through to the end to earn your credit.

How can I see if I have completed all 5 Stress Less, Live More activities?

Sign in to your Sharecare app or healthyemory.sharecare.com then select **Achieve > Stress Less, Live More**. If you see a green check mark next to the activity name, you have completed it.



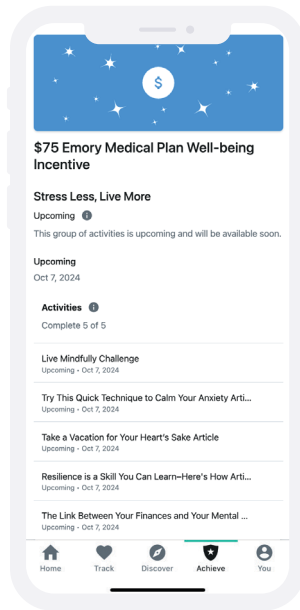


What do I earn when I complete all 5 Stress Less, Live More activities?

If you're enrolled in an Emory Medical Plan, you will earn a \$75 Emory Medical Plan Well-being incentive.

If you are not enrolled in an Emory Medical Plan, you will earn a Sweepstakes Entry for a chance to win one of these prizes:

- Swedish/Therapeutic massage (30 minutes)
- Personal training session (30 minutes)
- \$25 gift card
- 1 month membership to a participating Emory fitness facility.



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 should decide to move to a different medical plan, any unused funds will remain in your HSA account. Visit your [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 should decide to move to a different medical plan, any unused funds will be forfeited at the end of the calendar year. Visit your [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 choose.kaiserpermanente.org/emoryhealthcare to learn more.
- University Employees: visit 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 Sweepstakes winners from Stress Less, Live More will be held the week of November 18, 2024. There will be 2 winners for each prize selected per entity (University and Healthcare). Winners will receive a prize notification email from the Healthy Emory Team with instructions on how to claim your prize.

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**.

Stress Less, Live More activities 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**.

