







Your 2026 Well-being Incentive Program is Here!

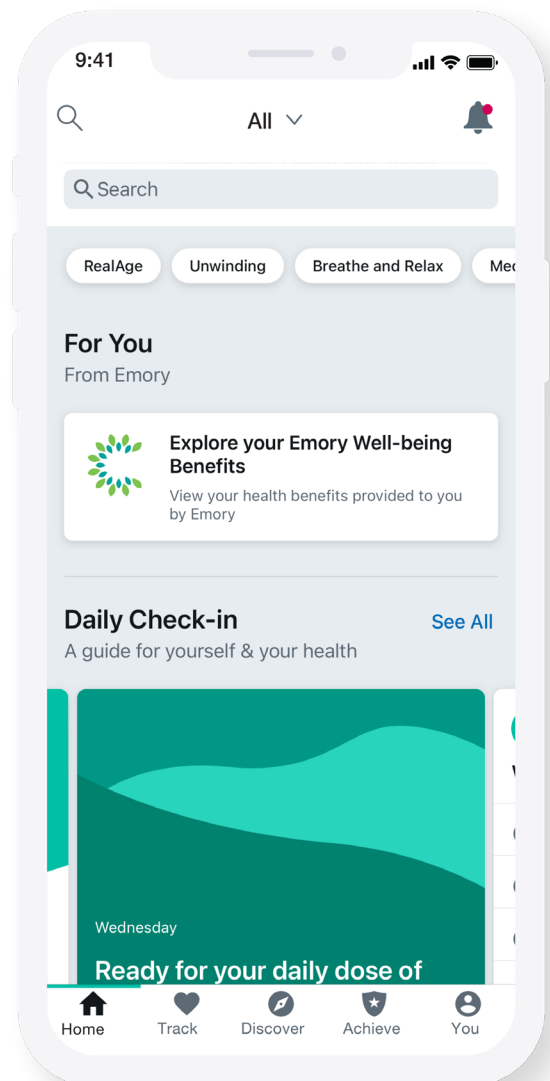
Access personalized tools and resources to keep your mind and body strong, at no cost to you!

Earn up to \$425 in Emory Medical Plan Well-being incentives

Healthy Emory has partnered with Sharecare to help you live your happiest, healthiest, and most productive life. With Healthy Emory Connect (Sharecare), you have access to well-being resources to help keep your mind and body strong – at no cost to you. Plus, when you complete activities and challenges, you can earn up to \$425 in Emory Medical Plan Well-being incentives!

Here's how to get started:

-  Sign in or create your account at healthyemory.sharecare.com.
-  Take the **RealAge®** assessment as guided through the Sharecare platform.
-  Bring **Sharecare on the go!** Download the app from the App Store or Google Play.
-  Select **Achieve > Rewards > Healthy Emory Connect** to see how you can earn up to \$425 in Emory Medical Plan Well-being incentives.



2026 Healthy Emory Activities and Challenges

Earn up to \$425 in Emory Medical Plan Well-being incentives when you complete activities and challenges.

Timeframe	Activity		Medical Plan Well-being Incentive
Jan 1 – Nov 15, 2026	RealAge® Assessment	See how your body's age compares to your calendar age and get content, resources, and more - just for you!	\$25 Emory Medical Plan Well-being incentive
Jan 1 – Nov 15, 2026	Fidelity Financial Wellness Checkup	See what you're doing well and the next steps to help improve your financial well-being.	\$25 Emory Medical Plan Well-being incentive
Jan 1 – Nov 15, 2026	Annual Preventive Wellness Exam (Well Adult or Well Woman)	Your annual preventive wellness exam helps identify potential health issues early, when they may be easier and less costly to treat. Schedule yours today!	\$50 Emory Medical Plan Well-being incentive
Jan 1 – Nov 15, 2026	Unwinding by Sharecare	Gain tips to manage stress, improve sleep, and strengthen mental well-being at work and home.	Complete 1 mini-course per quarter to earn a \$25 Emory Medical Plan Well-being incentive, max of \$100
Jan 1 – Nov 15, 2026	Diabetes Prevention Program (DPP)	DPP is a one-year, small-group program that teaches you how to eat healthy, increase physical activity, and manage stress to prevent type 2 diabetes.	Up to \$200 in Emory Medical Plan Well-being incentives when you complete one year of DPP
Jan 1 – Nov 15, 2026	Career Learning Series	Complete select training courses to strengthen your expertise while supporting your well-being and long-term success.	\$25 Emory Medical Plan Well-being incentive
Jan 1 – Nov 15, 2026	Volunteer through Emory Open	Build connection, purpose, and fulfillment, while you strengthen your sense of belonging and make a difference	Complete 1 Healthy Emory Volunteer event per quarter to earn a \$25 Emory Medical Plan Well-being incentive, max of \$100
Feb 1 – Mar 31, 2026	Nutrition	Complete the Fuel to Flourish challenge, read 2 articles, watch 2 videos, and embrace the power of food to heal & energize.	\$100 Emory Medical Plan Well-being incentive
Apr 1 – May 31, 2026	Physical Activity	Complete the Move More challenge, read 2 articles, watch 2 videos, and make exercise a priority for your health.	\$100 Emory Medical Plan Well-being incentive
Jul 1 – Aug 31, 2026	Sleep & Recovery	Complete the Rest to Rise challenge, read 2 articles, watch 2 videos, and make sleep & recovery a priority for your health.	\$100 Emory Medical Plan Well-being incentive
Sept 1 – Oct 31, 2026	Social & Community	Complete the Move Together challenge, read 2 articles, watch 2 videos, and boost your well-being with strong social connections.	\$100 Emory Medical Plan Well-being incentive
Oct 3, 2026	Winship 5K	Walk, run, or volunteer to help with race day activities and support cancer research.	\$25 Emory Medical Plan Well-being incentive

Questions?

Call Sharecare Customer Service at **855-428-1708**, visit healthyemory.sharecare.com, or the **Healthy Emory team** at HealthyEmory@emory.edu.



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.

