2015 Move More Challenge

HR Rep Meeting
June 9, 2015
Melissa Morgan
2015 Move More Challenge

• A physical activity challenge to encourage employees to increase their daily movement.

• Will be available to all Emory University and Emory Healthcare employees this Fall.
Program Components

- Program Registration
- Opportunity to purchase discounted fitbit devices
- Webinars for participants
- 8-week physical activity program
- Weekly emails
- Rewards at weeks 4 & 8
- Overall Team/Division Award
- Employee feedback survey
Project Committee:

- Melissa Morgan, FSAP
- Dawn McMillian, FSAP
- Curtis Williams, FSAP
- Cindy Hall, Employee Health
- Kore Breault, GBS/DAR
- Yasmin Bandali, ESJH
- Michael Staufacker, HR
## 2015 Move More Challenge

### Key Dates:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee communications to begin</td>
<td>6/1/15</td>
</tr>
<tr>
<td>Registration open</td>
<td>8/17/15</td>
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<tr>
<td>Move More Challenge start</td>
<td>9/21/15</td>
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<tr>
<td>Move More Challenge end</td>
<td>11/15/15</td>
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<tr>
<td>Participant survey completion</td>
<td>11/25/15</td>
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How You Can Help

• Invite us to a meeting
• Communicate the challenge
• Participate in a train-the-trainer session
• Familiarize yourself with FAQs
• Work with your Wellness Champion to coordinate events
• Actively participate in the program
• Encourage & support participants throughout the challenge

..........and beyond!
Questions