Healthy Emory is excited to give you access to Healthy Emory Connect now powered by Sharecare. The new Healthy Emory Connect is a mobile app and a desktop experience that helps you manage all your health in one place.

You can receive personalized insights, information, daily tracking, innovative programs, and one-of-a-kind tools to help you live a healthier life, no matter where you are in your health journey. If you are on one of Emory’s medical plans, you will also be able to earn your medical plan incentives through program participation on Healthy Emory Connect.

I hope you will explore the new Healthy Emory Connect February 1st when it goes live to all Emory Healthcare and Emory University benefits-eligible employees.

To get started, learn more about registration here: https://healthyemory.sharecare.com/
Come join us to celebrate our grand re-opening event for Spring semester with several activities scheduled for Feb. 14 – 16. New members who sign-up for Blomeyer on any one of these 3 days in February will be eligible to **win dinner for two at a fine local restaurant!**

Employees can use the facility for **FREE** during these 3 days from February 14 -16. If they enroll in a BlomeyerONE membership, they will also be entered into a special drawing to win a **Fitbit Charge 5** valued at **$149.95!** Other prizes for participating in the grand re-opening include t-shirts, gift cards, workout bands, & a free month membership at Blomeyer.

The celebration will include facility tours, class demos, giveaways, and healthy snacks. Please come join us for this wonderful celebration of all things Blomeyer! A reservation must be made for your complementary workout.

To reserve your complementary workout, please go to [https://blomeyer.emory.edu/](https://blomeyer.emory.edu/) to make a reservation. Click [here](https://www.youtube.com/Blomeyer) to review the reservation process. [https://www.youtube.com/Blomeyer](https://www.youtube.com/Blomeyer)

### Class Demo Schedule

<table>
<thead>
<tr>
<th>Monday 2/14</th>
<th>Tuesday 2/15</th>
<th>Wednesday 2/16</th>
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</thead>
<tbody>
<tr>
<td>11:00 – 11:15 AM</td>
<td>11:00 – 11:15 AM</td>
<td>11:00 – 11:15 AM</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Walk It Out</td>
<td>Dance Fit</td>
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<tr>
<td>11:30 – 11:45 AM</td>
<td>11:30 – 11:45 AM</td>
<td>11:30 – 11:45 AM</td>
</tr>
<tr>
<td>Dance Fit</td>
<td>Walk It Out</td>
<td>Dance Fit</td>
</tr>
<tr>
<td>5:00 – 5:15 PM</td>
<td>5:00 – 5:15 PM</td>
<td>5:00 – 5:15 PM</td>
</tr>
<tr>
<td>Walk It Out</td>
<td>Dance Fit</td>
<td>Boot Camp</td>
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</tbody>
</table>

**Class Descriptions**

- **Walk it Out**
  (Indoor walking class with various exercises)
- **Dance Fit**
  (Dance class with various exercises)
- **Boot Camp**
  (Total body fitness workout)
Annual Preventive Exams

The purpose of an annual preventive exam is to identify potential health issues that you and your doctor may need to monitor, and to help detect medical problems in the early stages when they may be easier and less costly to treat. An annual preventive exam is also a great time to discuss your health concerns with your doctor and ask questions about healthy habits, e.g. quitting tobacco use, eating better, getting more physical activity.

If you don’t have a doctor and you are on an Emory medical plan, you can search for primary care providers who participate in the Aetna health plans at www.aetna.com/docfind/custom/emory or you may call Aetna at 800-847-9026. Kaiser Permanente members may search for facilities and primary care providers at www.kp.org/doctors or you may call 404-365-0966.

For those employees on an Emory medical plan, there is no out-of-pocket cost for an annual preventive exam.

For more information about annual preventive exams: https://www.hr.emory.edu/eu/wellness/general-health/preventive-exam/index.html
Diabetes Prevention Program

New Diabetes Prevention Program (DPP) groups will be starting February 2022!

To learn about the program & find out if you are eligible:


The DPP is a year-long lifestyle change program for Emory employees who are at risk for developing Type 2 Diabetes. The program is led by a trained lifestyle coach in a virtual group setting.

For more information contact: healthyemory@emory.edu
Healthy Eating:
Recipe of the Month

3-Ingredient Teriyaki Edamame Sauté

Ingredients:
- 1 tablespoon olive oil
- 1 (8 ounce) bag tricolor coleslaw mix
- 2 cups shelled edamame, thawed if frozen
- ¼ cup reduced-sodium teriyaki sauce

Directions:

1. Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook, stirring, until the cabbage begins to soften (about 2 minutes). Stir in edamame and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens (about 1 minute more).

www.eatingwell.com

New Gym Hours

Note: Beginning February 2022, hours will be
Monday-Friday, 6 a.m. - 7 p.m.
Closed Saturday-Sunday
Blomeyer is VIRTUAL and IN-PERSON! Check out the options we’ve created for you to keep your mind energized and your body moving!

VIRTUAL GROUP FITNESS: Enjoy LIVE 30-minute daily workouts that can be done at home with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. The classes will be live streamed via Zoom.

- Register in advance to let us know you’re planning to attend.

Class Logon: https://zoom.us/s/7971885034  From the Zoom app use ID: 797 188 5034

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>12:00 PM – 12:30 PM</td>
<td>Kickbox Virtual</td>
<td>Power 30 Virtual</td>
<td>Butts &amp; Guts Virtual</td>
<td>Boot Camp Virtual</td>
<td>Tabata Virtual</td>
</tr>
<tr>
<td>12:45 PM – 1:15 PM</td>
<td>Boot Camp In-Person</td>
<td>Butts &amp; Guts In-Person</td>
<td>Power 30 In-Person</td>
<td>Body Sculpt In-Person</td>
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IN-PERSON GROUP FITNESS: 30-minute daily workouts in the group fitness room and on the track taught by Blomeyer staff. Class participation will be limited to ensure safe social distancing.

For more information, contact Blomeyer@emory.edu