



# Move More Challenge

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***EMORY MEDICAL PLAN INCENTIVE QUESTIONS:***

Can I earn an incentive towards my Emory Medical Plan?

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***ADDITIONAL QUESTIONS:***

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How does Emory Use my individual information from this challenge?

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## **GENERAL QUESTIONS:**

### **What is the Move More Challenge?**

A 6-week physical activity program that encourages you to track and increase your daily movement and physical activity. The Move More Challenge will be administered via Healthy Emory Connect (web and mobile app powered by Sharecare). Employees must join Healthy Emory Connect to be part of the challenge.

### **How does the challenge work?**

Employee-formed teams will work together to accumulate steps competing against other teams across Emory. Encourage yourself and team members to increase their daily steps to stay on track to reach 252,000 steps for the Emory Medical Plan Incentive. The challenge leaderboards will be based on team average steps.

### **Who can participate?**

All benefits eligible Emory employees, spouses, and pre-65 retirees on an Emory medical plan.

### **How do I join the Move More Challenge?**

First, you must join the Healthy Emory Connect via the Sharecare app or web platform [here](#). Once registration for the challenge opens on February 28, you will find it on Healthy Emory Connect. When logged into the Healthy Emory Connect, go to **Achieve**, then **Challenges**, then look for the **Move More Challenge** and click **join**. ([Click here](#) for step-by-step instructions).

### **How does my spouse join the challenge?**

Eligible spouses will join the challenge the same way employees do. If they have not joined Healthy Emory Connect and registered with Sharecare, they will need to do that first. When prompted for Employee ID, they will use their spouses Emory Employee ID and add a 01 at the end without spaces.

### **Can I join the challenge after it has already started?**

Yes! You can join the challenge at any point prior to the end date (April 24, 2022). Newly registered users can sync steps tracker up to 7 days prior. Existing users who previously tracked steps will apply to the challenge if tracked during the challenge period.

### **Is there a maximum number of steps per day?**

There is a default per user of 30,000 steps per day. However, this is configurable and can be changed to meet their requirements if they prefer a daily cap different than 30,000 per day, per user.

### **If I leave the challenge, can I rejoin once the challenge begins?**

Yes. This option is available within the settings of the challenge. The challenge rules encourage participants that once the challenge has started, not to leave a team. However, the functionality does exist within the platform should the participant navigate to that part of the settings menu.

### **How do I contact Customer Service for the Healthy Emory Connect platform?**

Contact Sharecare through their [member support page](#). Phone support is available at **855-428-1708** from **8am–10pm EST Monday-Friday, 9am-5:30pm EST Saturday**. Online chat support is available between **8am-9pm EST Monday-Friday**.





## **TEAM QUESTIONS:**

### **Do I have to be on a team?**

Yes, all participants must be on a team. If you do not know others who are participating or do not have a team to join, contact [HealthyEmory@Emory.edu](mailto:HealthyEmory@Emory.edu) for assistance

### **How can I join a team?**

1) You can join one of the pre-created (default) teams to participate. 2) You can create your own team and invite specific users to participate on your team. 3) You can join a team via an invitation you have received.

### **How many people can be on a team?**

There is a maximum of 10 people per created team. There is no minimum, however, the more on a team the better. The two default teams do not have a maximum number of people.

### **Will my teammates see how many steps I am getting?**

Yes, your teammates will be able to see your daily step counts to help provide you encouragement.

### **Will I be able to chat/communicate with my team and others during the challenge?**

Yes, users can interact on the leaderboard via our interactive social features, by sending likes to certain users or boosting certain users on the leaderboard. Users are also able to send their progress within the challenge to others.

### **Will the team leaders and/or the Wellness Champions know team member's real name?**

If creating a team is desired, the user can select from a list of names in the drop down upon inviting users to join their team so they will know the names of their invitees. As a participant, you are able to change your visible username when you join and anytime after joining.

### **Can I switch teams?**

Yes. This option is available within the settings of the challenge. The challenge rules encourage participants that once the challenge has started, not to leave a team. However, the functionality does exist within the platform should a participant navigate to that part of the settings menu.

### **Can a team captain create a team and add members to the team? Or will each participant have to find a team and join it?**

When a user navigates to the Team Challenge, they will see a couple of pre-created (default) teams they can join in the event they simply want to participate and do not wish to create their own team and invite other users. They will also have the ability to create their own teams and invite members to join with them if desired.

### **Is there an option to search for a team then join one?**

You are able to join one of the default teams, there will only be a small number of these default teams to choose from. If you are searching for teams that other users have created, you will not be able to join any of those teams unless you were specifically invited.

### **Can a team captain remove people from a team?**

No, team captains cannot remove team members.



### **Will my created team be private to only the specific people I invite?**

Yes, if you created a team only those who you invited are able to join your team. Others can simply join one of the pre-created (default) teams. The pre-created (default) teams anyone can join. All others are user created teams and are invitation only.

### **How does a team captain create and invite members?**

A Team Captain will select "Create Team" when joining the challenge. Once the team is created, they will click "Invite Team Members" and can search names or type emails of those they wish to invite. Team captains can only create one team.

### **If I create a team can I register my teammates, so they do not have to?**

No. Once a team has been created, members can join upon receiving an invitation, and joining by clicking to join challenge, team captains are not able to register others for the challenge or team.

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## ***DEVICE QUESTIONS:***

### **Can I use more than one activity tracker during the challenge?**

Yes, you can use more than one activity tracker on your Healthy Emory Connect account. However, only the device with the highest steps on a given day will count toward the challenge. You cannot combine steps counts across multiple devices for the same day. Each device will need to have Automatic Steps Tracking enabled.

### **What activity trackers can I use to participate?**

You can use any of the compatible devices and applications that write data and sync with Apple Health, Google Fit, Samsung Health, and Fitbit. Users are required to give permission to Apple Health and Google Fit to retrieve this data. Since Fitbit does not integrate with Apple Health or Google Fit, Sharecare syncs directly to Fitbit to support the most common Fitbit devices.

### **How do I link my device to Healthy Emory Connect?**

To setup tracking, go to the Track section and select Settings (gear icon) then connect with Apple Health, Google Fit or Fitbit as a source then choose a tracker(s) to automatically track from the list. Once the tracker is selected you will see an indicator showing tracking enabled. [Click here](#) for step-by-step instructions with common devices.

### **Can I participate in the challenge without an activity tracker?**

Unfortunately, you will need to have an activity tracker to participate in the Move More Challenge. Did you know new Emory employees can purchase a Fitbit at a subsidized Emory employee rate! If you are a new employee [Click here](#) to receive your discount code, please use your Emory Email.

### **Can I use my FSA or HSA account funds to purchase my activity tracking device?**

No, an activity tracking device does not qualify as an eligible expense for either HSA or FSA.

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## ***REWARDS & PRIZE QUESTIONS:***

### **Will there be prizes or rewards offered to challenge participants?**



Yes, the 2022 Move More Challenge will have several random drawings for rewards and prizes. You must meet the eligibility criteria below to be entered for these prize drawings:

- **Individual Prizes:**
  - **Register and enable automatic steps tracking by March 20:** All participants that register and enable automatic steps tracking will be entered into a random drawing for a pair of Atlanta Hawks tickets.
  - **Achieve 50,000 steps by March 25:** All participants who achieve 50,000 total steps by March 25 will be entered into a random drawing for a pair of Atlanta Hawks tickets.
  - **Achieve 252,000 steps by April 24:** All participants who achieve 252,000 total steps by April 24 will be entered into a random drawing for a \$25 gift card.
  - **Finish in the top 10 in total steps accumulated:** If you finish in the top 10 in total steps accumulated you will be entered into a random drawing for a signed basketball by an Atlanta Hawks player.
  - **Finish in the top 25 in total steps accumulated:** If you finish in the top 25 in total steps accumulated you will be entered into a random drawing for an Atlanta Hawks Jersey.
- **Team Prizes:**
  - **1<sup>st</sup> Place Team (highest average in steps accumulated):** If you are on the 1<sup>st</sup> place team with the highest average in steps accumulated you will win a \$25 Uber Eats Voucher
  - **2<sup>nd</sup> Place Team (highest average in steps accumulated):** If you are on the 2<sup>nd</sup> place team with the highest average in steps accumulated you will win a \$20 Uber Eats Voucher
  - **3<sup>rd</sup> Place Team (highest average in steps accumulated):** If you are on the 3<sup>rd</sup> place team with the highest average in steps accumulated you will win a \$15 Uber Eats Voucher
- **Weekly Engagement Prizes:**
  - **Participate in the Social Media Challenge:** Follow and Tag @HealthyEmory using the hashtag #MoveMoreEmory on Facebook, Instagram, or Twitter and be entered into a weekly drawing for a \$10 gift card, there will be 3 winners each week.

### **What if I didn't make the minimum 252,000 steps or used a device that is not compatible with Healthy Emory Connect? Can I be eligible for the drawing?**

If you do not achieve the minimum of 252,000 steps or used a device that is not compatible with Healthy Emory Connect and wish to be included in the drawing, please mail a 4" x 6" postcard containing your name, email address and telephone number to Move More Challenge, Emory University, c/o Heath & Wellness, 1599 Clifton Road, Atlanta, GA 30322 .

### **If my name is drawn, how will I receive my reward?**

You will receive an email notification from the Healthy Emory team with instructions on how to claim your reward. Names of the winners will also be posted on the Healthy Emory Webpage.

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## ***EMORY MEDICAL PLAN INCENTIVE QUESTIONS:***

### **Can I earn an incentive towards my Emory Medical Plan?**

Yes, if you are on an Emory Medical plan, you (and your eligible spouse) can earn up to \$87.50 towards your Emory Medical Plan if you complete all three(3) activities below:

- Connect a Device
- Enable Automatic Steps Tracking
- Achieve 252,000 total steps by the end of the challenge (April 24, 2022)

You can find additional information on how your earned medical incentives are applied to your medical plan by following this [link](#).



## ***ADDITIONAL QUESTIONS:***

**Will there be an opportunity to "convert" other activities like swimming or cycling to steps?**

Not at this time. There will not be a manual tracking feature to convert your other activities to steps.

**Is there a Reasonable Alternative option?**

Yes. To ensure equal opportunity to earn the Emory Medical Plan Incentive and benefit from the program, Sharecare provides members with a reasonable alternative to earn the \$87.50 medical plan incentive. This applies to members with a current or chronic medical condition who are unable to track physical activity or individuals unable to track physical activity because of a disability. Please contact Sharecare member services at **855-428-1708** for details.

**How does Emory Use my individual information from this challenge?**

Emory uses your individual information to determine eligibility for rewards and prizes. This information is also used for program evaluation purposes.

**Who sees the Challenge data?**

Participant name and Steps Tracker records are shared with other challenge participants and administrators.

**My question is not on this list. How can I get it answered?**

At any time during the challenge, contact the challenge coordinators at [HealthyEmory@Emory.edu](mailto:HealthyEmory@Emory.edu).



## ***READY TO GET STARTED?***

*[Click here](#) or Scan this QR code with your phone to join the Move More Challenge today!*

