Healthy Plate Challenge FAQ’s
Give your diet a boost this Summer

What is Sharecare?
Emory has partnered with Sharecare to bring you a free resource that delivers tools for healthier living – such as the RealAge test, challenges, health trackers and more. Joining a challenge can help you earn towards your Operation: Eat Right $87.50 medical plan incentive.

What’s the Healthy Plate Challenge?
A poor diet can expand your waistline, increase cancer risk and lead to heart disease. This month boost your intake of fruits, veggies, lean proteins, whole grains and healthy fats and start eating in the green! Aim for two healthy meals to meet the challenge goal and earn towards your Operation: Eat Right $87.50 medical plan incentive.

What’s the challenge goal?
Track your diet daily and stay in the green by eating “excellent” or “good” quality meals for at least 21 days between June 20 and July 17 to achieve the goal.

Who can participate?
Emory employees, spouses and pre-65 retirees on an Emory medical plan.

What’s the reward?
Complete the challenge, plus 2 more activities this quarter to earn your Operation: Eat Right $87.50 medical plan incentive.
How can Healthy Emory Connect help me eat better?

Throughout the challenge you will learn how your diet can impact your health and how to eat better quality meals. By tracking your diet you can work towards a weekly – or monthly goal – based on your needs. Additionally, you’ll see added content in your feed about healthy food swaps, recipes, nutrition tips and more.

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

If you miss a day while the challenge is still active, you can go back up to one week and track any missed activities. Once the challenge is over, you will not be able to retroactively track. To update your tracker for a day in the past, simply select Track, then Today at the top of the app to open the calendar. From there you can select the day(s) you haven’t tracked and manually enter your information for the day(s) you missed.

How do I track my diet?

To update your diet tracker, log in to your Healthy Emory Connect account, powered by Sharecare and select Track, then Diet.

There are two ways to update the tracker:

1. Manual logging: Select from the available options and enter your Meal Quality information regarding your nutritional choices that day. Aim to stay in the green by choosing well-balanced, healthy foods.

2. Photo Logging (available in the Sharecare app only): Take or upload photos of your meals and snacks throughout the day to receive ratings on your diet.

How do I sign up?

1. Log in to your Healthy Emory Connect account or register at www.healthy.emory.edu/connect.

2. Find the Challenges under the Achieve icon.

3. Look for Healthy Plate Challenge and click Join.

4. Start tracking your diet!

Have more questions?

Call 855-428-1708 to learn more or visit www.healthy.emory.edu/connect.