Spring Green Day Challenge FAQ’s

What’s this challenge all about?
The colors are blooming, temperatures are heating up, and it’s the perfect time to reset your body, mind and spirit before summer arrives. Aim to track 21 green days this spring and get rewarded too!

You can sign up for the Spring Green Day Challenge starting Monday, May 2nd. The Challenge will run from Monday, May 16th to Thursday, June 30th.

What’s the challenge goal?
Earn 21 green days between Monday, May 16th and Thursday, June 30th to meet the challenge goal. Once you meet the challenge goal you will earn towards your reward.

What’s the reward?
Complete the challenge plus two more activities this quarter to earn your Operation: Eat Right $87.50 medical plan incentive.

Who is eligible to participate?
All Emory University and Emory Healthcare employees, spouses and pre-65 retirees.

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 Spring Green Day Challenge and click Join.
4. Start living in the green – track 21 green days by Thursday, June 30th.

What are green days and how do I earn them?
Green days are based on 13 health factors such as sleep, nutrition, exercise and stress. Each factor is rated on a five-point scale from red to green and your goal is to “be in the green” for the majority of your trackers. When you are in the green for at least 8 out of the 13 total health factors, you’ll earn a green day. Earning green days helps you track healthy habits and can lower your RealAge over time.
How does daily “in the green” tracking work?
You can automatically track certain factors including steps and sleep by connecting your account to your mobile phone or wearable fitness tracker. Other factors like diet, stress and relationships need to be entered manually. Some trackers, such as blood pressure, which don’t require daily input for most users, can be customized. It takes just a few seconds each day to update your key health factors and track the days you’re “in the green.”

How do I track my activity? There are two ways to track:
1. **Automatic Tracking:** Sync with your Samsung or iPhone’s Health apps or Android’s Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.
2. **Manual Tracking:** Each day, log in to Healthy Emory Connect to manually update your trackers.

How do I know which trackers to update?
The trackers that you are required to update daily are based on the results of your RealAge test. The trackers that appear in green are automatically populated from the results of your RealAge test or from your health profile. The platform informs you daily which trackers need to be updated.

How do I know if my tracker is in the green?
You can see if your tracker is in the green when you view your trackers, either in the app or online. Trackers with data for today will be color coded to let you know if you need to track and how the information you have tracked relates to your overall health. Your goal is to be in the green for at least 8 out of the 13 total trackers to earn a green day.

What if I forget to track my activity 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 activities. To update your tracker for a day in the past, simply select **Track**, then select **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 stress for the day(s) you missed.

What if I meet the challenge goal before the challenge is over?
If you meet the challenge goal of before the challenge is over, you will be recorded as having completed the challenge, regardless of activity after the goal is met.

How many green days do I need to lower my RealAge?
After you earn 60 green days within a 90-day window, you will be prompted to re-take your RealAge test to see how you’ve improved your health over that time period. The level of improvement will depend on your starting point and progression.

Is an alternative option available if I am unable to complete the challenge?
Yes, reasonable alternatives are available for those who are unable to complete the challenge for medical reasons or other physical limitations.

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