

FAQ's for 2018 *Refresh from Stress: 30 Day Inspiration*

Q: What is *Refresh from Stress: 30 Day Inspiration*?

A: *Refresh From Stress: 30-Day Inspiration* is an employee wellness program that offers an exciting opportunity to engage in effective steps to enhance emotional well-being. Activities focus on self-care, mindfulness, social connections, gratitude, resilience and other inspirations to help you refresh from stress. Through this month-long *Inspiration*, participants can learn useful and easily implemented strategies to increase their capacity to respond to and manage stress.

Q: When is *Refresh from Stress: 30 Day Inspiration*?

A: RFS will be held during the month of October (October 1 -30, 2018).

Q: Who can participate?

A: All benefits eligible Emory employees and pre-65 retirees (with Emory medical plan coverage) are eligible to participate.

Q: When and how do I sign-up for *Refresh from Stress*?

A: Registration opens September 18. To register, login to [Healthy Emory Connect](#) and look for *Refresh From Stress* under the "Challenges" tab. Don't have a Healthy Emory Connect account? Learn more at www.healthy.emory.edu/connect

Q: What are the benefits of participating in *Refresh from Stress*?

A: Benefits may include: increased self-awareness, confidence, energy, relaxation, concentration, motivation, resilience and gratitude; improved work productivity, relationships and physical health; and overall enhanced emotional well-being. These benefits may result from:

- Building knowledge of stress management techniques and resilience
- Practicing strategies to improve ability to focus when stressed
- Utilizing a toolbox of self-care tips and resources
- Prioritizing time and accepting support to improve work/life effectiveness
- Building collaboration and teamwork by sharing ideas and having fun together
- Contributing to a healthy work culture and positive morale.

Three positive outcomes reported from last year's RFS participants included:

- 89 percent reported improved stress management as a result of program
- 68 percent reported improved work productivity
- 96 percent reported RFS was a valuable program

Q: How does it work?

A: 1) Join the "Refresh from Stress" challenge in Healthy Emory Connect by selecting "Challenges," then click on the "Join" button. The program will begin on October 1.

2) At the start of each week, you will receive an email with information about that week's inspiration and activities.

3) Each day, login to your Healthy Emory Connect account (on the computer or via the Virgin Pulse app) and find the daily activity on the events calendar or in your daily cards. Complete the activity for that day or select another day's activity if you prefer.

4) After you complete your daily activity, go to "Refresh From Stress" under the challenges tab and select "yes" or "no" to indicate if you have completed an activity for that day. This must be done to earn your participation points and to be eligible for prize drawings.

(5) At the end of the month, those who report "yes" to completing **15 of 30 activities** will earn **10,000 points** and those who complete **26 of 30** will earn **20,000 points**. Participants who reported "yes" to completing **at least 26 of the 30** activities will also be eligible for **prize drawings**. Participants who complete **all 30** activities will be eligible for **grand prize drawings** (see details under incentives/rewards question).

Q: Do I have to complete each activity on the actual day listed in the calendar?

A: No. Flexibility is important for emotional health. You may complete activities at any time between October 1-30, 2018. Note: *Guided Refresh Walks* are scheduled on October 11; however, you may do the walk on your own if the time doesn't work with your schedule.

Q: What incentives/rewards are being offered and how can I win?

A. Participants who report "yes" to completing between 15-25 activities:

- 10,000 Healthy Emory Connect points to be used toward your medical plan incentives.

Participants who report "yes" to completing 26+ activities:

- 20,000 Healthy Emory Connect points to be used toward your medical plan incentives
- Entry into drawings for prizes including \$25 Amazon or Target gift cards. Winners of gift cards will also be entered into a bonus drawing for AMC Movie tickets.

Participants who report "yes" to completing 30 activities:

- 20,000 Healthy Emory Connect points to be used toward your medical plan incentives
- Entry into drawings for prizes including \$50 Amazon or Target gift cards.
- Entry into a drawing for a Grand Prize package of \$50 Darden Restaurant gift certificate + \$50 Amazon Gift Card + 4 tickets to the Georgia Aquarium. Two winners will receive a grand prize package.

**The rewards are considered taxable income; therefore we must provide employee ID numbers for all participants who earn a reward to the Payroll Department for tax purposes.*

We have again partnered with [Sparkfly](#), who has relationships with many local vendors providing discounted services and products to Emory employees. We share our gratitude with Sparkfly and the Georgia Aquarium and AMC Theaters for their donations to this year's RFS Prizes and for supporting the wellness of the Emory community!



Q: If my name is drawn, how will I receive my reward?

A: You will receive e-mail notification with instructions on how to claim your reward. Please contact FSAP if you have any difficulty accessing your prize or electronic gift card.

Q: I'm very busy. How much time will I need to devote to RFS?

A: *Refresh from Stress* provides opportunities to take short periods of time to focus on your well-being. Most of the daily activities can be completed in 10 to 15 minutes.

Q: What if I sign-up and complete some of the activities, but not all of them?

A: You may complete as many or as few of the activities as you would like. Even if you don't complete enough activities to be entered into drawings for prizes, you can still enjoy the activities and the positive experiences that come from what you've chosen to do.

Q: If I don't complete enough activities to be entered into the drawings for a prize, can I still be eligible for a prize?

A: If you do not achieve the minimum number of activities required for a prize and wish to be included in the drawing, please mail a 4" x 6" postcard, containing your name, email address and telephone number to Faculty Staff Assistance Program, 1762 Clifton Rd, NE, Suite 1100, Atlanta, GA, 30322.

Q: What if I decide not to sign-up?

A: Participation is voluntary. There are no penalties for not participating in *Refresh from Stress*.

Q: Once I register, what type of data is seen by Emory and who sees information about my participation? How does Emory FSAP protect my personal information?

A: Only the coordinators of *Refresh from Stress* will have access to participation information. These individuals will keep your name and participation confidential. If you receive a prize, you will be asked to provide permission in order to share your name when winners are announced.

Q: What type of data is contained in Healthy Emory Connect?

A: Healthy Emory Connect will contain individual-level registration data (name, employee number, email and work location), information collected through connected apps & devices (step counts, distance, active minutes), record of your participation in activities and challenges, and your rewards. Aggregate (group-level) data will be used for program evaluation. You are under no obligation to provide any personal information at any time. However, if you should choose to withhold specific information, you may be unable to utilize certain services.

Q: Who can view the individual-level data contained in Healthy Emory Connect?

A: Access to individual-level data is restricted to Virgin Pulse employees on a need-to-know basis and is used primarily for customer service and for incentive administration purposes.

Q: Is there a Mobile App?

A: Yes. To download the mobile app, visit the iTunes store (Apple product users) or Google Play (Android product users) and search for "Virgin Pulse."

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

A: You may call FSAP at 404-727-WELL(9355) or email efsap@emory.edu.