



bw wellbeing
BECOME YOUR BEST YOU

May Workout Challenge

Registration: May 2–15, 2016
Challenge: May 16–31, 2016

The May Workout Challenge is designed to help team members kick start their summer fitness routines, while building friendly competition between Barry-Wehmiller divisional teams across North America! This challenge is about our team members' personal fitness goals– whether at the very beginning of a wellbeing journey, a super stepper, gym dweller, or yoga class regular, the May Workout Challenge offers a way to participate and work towards individual goals. Let's kick start our fitness routines and work towards building healthy habits that stick through the summer and beyond!

Participants will be able to earn 1 workout/day with a maximum of 16 workouts during the challenge. Team members will be rewarded with **BONUS** Vitality Points based on their **individual** total workouts, **in addition** to the daily physical activity points you will receive from Vitality based on your physical activity level (Light, Standard, or Advanced). The divisional team with the highest average workouts will receive money towards their local wellbeing budget.

PRIZES	
Active Participants with 5-9 Total Workouts	100 BONUS Vitality Points
Active Participants with 10-14 Total Workouts	200 BONUS Vitality Points
Active Participants with 15-16 Total Workouts	250 BONUS Vitality Points
Team with highest Average Workouts	\$10/Active Participant for your Wellbeing Budget

IMPORTANT NOTE: Partner Gym workouts will not be featured on the Leaderboard during the challenge. Vitality receives the Partner Gym workout report 2 weeks after the end of each month. These workouts will be sent to the Leaderboard the week of June 13. You have time to sync your devices and allow your partner gym workouts to be uploaded. Winners will be announced and points awarded on Monday, June 20 in order to ensure all workouts have been uploaded! Challenge yourself to keep up the good work in the weeks between!

Workout Challenge Overview

The Workout Challenge is based on verified workouts tracked *and* uploaded to Vitality. A verified workout can be any one of the following:

- 5,000+ steps/day on a linked fitness device
- Check in and work out at your Vitality Partner Gym
- Check in to your local gym on the Vitality Today App and work out for at least 30 minutes
- Sign in to your BW on-site fitness center (where available) and work out for at least 30 minutes

To count as an Active Participant for prizes listed below, **you must register for the Challenge in Vitality and agree to the Rules of the Road.** Registration begins Monday, May 2 and continues throughout the duration of the Challenge. You can still register after the challenge has begun!

- **To register, complete the following steps:**
 - 1) Login to Vitality and navigate to *Community > My Challenges*
 - 2) You will see the May Workout Challenge invitation waiting for you.
 - 3) Follow the steps to register for your team!

All workouts must be completed by 11:59 pm Central on Tuesday, May 31 and devices synced to Vitality by 11:59 pm Central on Friday, June 17. Winners will be announced Monday, June 20!

All active North American associates are eligible to join their respective team below.

TEAMS	
Accraply Canada	Hayssen Flexible Systems/Synerlink
Accraply MN	MSI/Vante/Steeger
Alliance	PCMC Ashland/ Cormier
Baldwin Americas	PCMC Cofrin
BW STL (All STL associates except DG)	PCMC Duncansville
BWCS Romeoville	PCMC Glory Rd
BWCS Loveland	PSA Akron
BWCS Lynchburg	PSA Angelus
BWI/Merritech	PSA Clearwater
BWPS Hunt Valley	Thiele NE
BWPS WI	Thiele FF
Design Group – Central	Thiele HS
Design Group – Northeast	Thiele Reedley
Design Group – Southeast	W+D North America
Design Group – West	

Team members can earn up to 1 workout/day with a maximum of 16 workouts during the 16-day Challenge. The team with the highest Average Workouts (as calculated below) at the end of the Challenge wins money towards their local wellbeing budget!

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Eligible Associates}} \div 16 \text{ days}$$

May Workout Challenge FAQ

- 1) **How do I get a fitness device?** To join the fitness device craze:
 - Get your FREE Fitbit Zip from BW *if you have not done so already*. After you have completed your biometrics and Vitality Health Review for the first time, login to Vitality. Click *Rewards* and follow the prompts to get your device!
 - Check your Vitality Bucks, redeemable for a variety of devices in the Vitality Mall.
 - Purchase a compatible device at a retailer near you!
- 2) **What are the compatible fitness devices and apps for the May Workout Challenge?** See the list below! If you are unsure about your device's compatibility, call Vitality Customer Care at 1.877.224.7117 to verify.

IMPORTANT NOTE: The MapMyFitness app will now transmit workouts to Vitality! Link the app with your Vitality account and begin using the app to start earning workouts within Vitality! The app also serves as an interface between the devices listed in the MapMyFitness section below and Vitality. Jawbone, Withings and Misfit devices cannot be linked *directly* to Vitality. To learn more about MapMyFitness, go to powerofvitality.com > *Guide to Vitality* > *Linking to Vitality* > *Fitness Devices* > *MapMyFitness app*.

Link directly to Vitality			
Polar	Fitbug	Fitbit	Garmin
Loop M400 V800	Go ORB Air	Alta Blaze Flex Zip One Ultra Charge Charge HR Surge	Vivofit Vivosmart Vivoactive Forerunners: 15, 25, 225 Forerunner 920XT Fenix3

Link through Mobile Apps		
Download the apps below and link to your Vitality account.		
Apple Health	Vitality Today	MapMyFitness

Link through MapMyFitness App		
Download the MapMyFitness App, link the app to Vitality, and link your device to the app		
Jawbone	Withings	Misfit
Up Up24 Up3 UpMove	Pulse Activite Activite Pop	Shine Flash

- 3) **How do I link my fitness device to my Vitality account so that my steps count toward the Challenge?** Log in to Vitality and click on *Devices* from the *Manage Your Links* box on your homepage. Click on your fitness device for more information and follow the instructions!
- 4) **Do I need to upload my steps to Vitality manually?** Nope! All you have to do is link your fitness device to your Vitality account. Just make sure to *sync* your fitness device with your fitness

device provider during the challenge to have all of your steps accounted for and keep your team in the running!

- 5) **I use multiple different fitness devices. If I accumulate steps on multiple devices in a day, will Vitality add all of them together?** Vitality's current system cannot apply multiple devices to a step total. The system records from the device that accumulates the greatest number of steps.
- 6) **Do I have to have a fitness device to participate in this Challenge?** No! If you do not have a fitness device, you can earn workouts by checking in and working out at your Vitality partner gym, checking in to your local gym on the Vitality Today App and working out for at least 30 minutes, or signing in to your BW on-site fitness center (where available) and working out for at least 30 minutes.
- 7) **Do self-reported workouts count towards our workout total in the Challenge?** No, the Challenge Leaderboard will only count verified workouts uploaded from a fitness device, partner/local gym, or approved app.
- 8) **What is the Vitality Today App and how do I get it?** Vitality Today is Vitality's smartphone app, which allows you to check in to local gyms, complete your VHR, and complete your weekly goal check-ins from your mobile device. Visit your smartphone's app store, download the FREE Vitality Today App, and login using your Vitality account credentials.
- 9) **How do I check in to a gym on the Vitality Today App?** Login to the app using your Vitality account credentials and check in to your gym by clicking *Gym Visits* on the bottom navigation bar. Find and click on your gym from the list of gyms that Vitality recognizes in the area and work out for at least 30 minutes to have your workout added!
- 10) **What if I don't see my local gym on the Vitality Today App?** Vitality Today uses your cell phone's GPS to find gyms that are within range. If you are at your gym and you still do not see it on Vitality's list, call Vitality Customer Care at 1.877.224.7117 with your gym's name, location and phone number to have it added!
- 11) **What is a Vitality Partner Gym?** Vitality has partnered with select gyms nationwide to provide monthly subsidy payments and reduce the cost of membership fees for Barry-Wehmiller team members and spouses. For more information on the Vitality Partner Gym program and to find a Partner Gym near you, log in to Vitality and click *Guide to Vitality > Rewards > Gym Subsidies* to learn more!
- 12) **Why can I only earn 1 workout/day?** Just like when you earn Vitality points for working out, Vitality records only the source with the highest activity level each day to promote healthy, sustained habits. For example, if you take 5,000 steps *and* check in to your local gym on the same day, you will earn 10 Vitality points (awarded for the gym visit, higher than the 5 points for 5,000 steps) and 1 workout for the May Workout Challenge.
- 13) **If I earn my first workout by checking in to my Vitality Partner Gym, do I have to earn the rest of my workouts for the challenge this way in order for them to count?** No! You can switch between the approved workouts as often as you like throughout the challenge.
- 14) **Why don't I see my Vitality Partner Gym Workouts on the Challenge Leaderboard?** Vitality receives all Vitality Partner Gym workouts 2 weeks after the end of each month. These workouts

will be uploaded to the Leaderboard the week of June 13. We will send the Winner Announcement on Monday, June 20 to ensure we have all workouts included in our final numbers.

- 15) The poster said I can work out at my BW on-site fitness center (where available), for 30+ minutes and have this count towards the challenge, what locations does this include? BW Corporate (8020 Forsyth), PCMC Ashland Ave, and BWPS Phillips all have on-site fitness centers. Sign in and workout for 30 minutes or more to have your workout count! Your local Wellbeing Leadership Team Members will be uploading these workouts into Vitality throughout the Challenge period.
- 16) How often will Vitality sync my workouts with the Challenge Leaderboard? Based on the workout source, the day/time that your workout appears on the Leaderboard may vary.
- If your workout is being reported from the Vitality Today App, your workouts will appear within the next few hours on the Leaderboard.
 - If your workout is being reported from a Partner Gym check-in, your workouts will NOT appear on the Leaderboard during the challenge. Vitality receives all Partner Gym workouts approximately 2 weeks after the month ends. The winner announcement and individual points will be sent/awarded after all Partner Gym workouts have been reported from Vitality.
 - If your workout is being reported from your daily step count on a fitness device *and you have synced your device with your device provider*, your workout will be uploaded that night at 10 PM Central to display the next morning on the Leaderboard.
- 17) Are spouses eligible to participate in the May Workout Challenge? The challenge is for associates only. However, spouses *are* eligible to utilize all resources on bwellbeing.com, so be sure that your spouse checks out the site!
- 18) I work for BW Container Systems, but my office is in Hunt Valley. Which team am I on? *With the exception of Design Group*, all associates are on their *location's* team. In other words, you would be on Team BWPS Hunt Valley. Because Design Group is spread across so many locations, Design Group professionals have been organized into regional teams!
- 19) I am a Design Group professional and I'm not sure of my region. Can you help? E-mail bwellbeing@barry-wehmiller.com and we will tell you!
- 20) I don't see my name on the Leaderboard – why not? In order to be included on the Leaderboard (and eligible for an individual prize), you have to register for the challenge *and* agree to the Rules of the Road. Once you have completed both steps, you should see your name up there with the rest of your team members!
- 21) Can I still register once the challenge has begun? YES! You can register through midnight Central on Tuesday, May 31. Your workout count will still include all workouts tracked and uploaded to Vitality since the start of the challenge.
- 22) I don't understand the Leaderboard's math. Can you help interpret? There are two important things to note in the math:
- A team's total number of workouts includes workouts completed during the challenge period by *every associate with a connected fitness device or local gym check-ins on the*

Vitality Today App – not only Active Participants. Therefore, you will likely see more workouts in your team's total than are reflected by the sum of individual Active Participants' Workouts on the Leaderboard.

- Partner Gym workouts are not included on the Leaderboard during the challenge. All Partner Gym workouts are sent to Vitality 2 weeks after the end of the month. These workouts will be uploaded to the Leaderboard the week of June 13 and included in our final numbers for the winner announcement.
- In the calculation of Average Workouts, the Total # of Workouts is divided by the Total # of *Eligible Associates* – NOT by the Total # of Active Participants. Therefore, it's important to get as many associates as possible to join your team and start working out!

23) **What if I have newly joined the BW family and do not see an invitation to a Challenge in my Vitality account?** If you were hired after April 26, you were not on the original file we uploaded for the Challenge. As soon as your Vitality account is established and you link your fitness device, you can participate. Simply e-mail bwellbeing@barry-wehmiller.com and we will send you an invitation.

24) **The Vitality Today app states that steps can now be shared with Vitality via my iPhone or Apple Watch. Can I use those devices for the May Workout Challenge?** Yes! Vitality now has the ability to upload steps from both your Apple Health app and Apple Watch. In order to have these recognized, link your Apple Health app to the Vitality Today App. To link the apps, open the Vitality Today App, click *More > Apple Health* and follow the instructions!

Additional Questions?

E-mail bwellbeing@barry-wehmiller.com

or

call Vitality Customer Care at [1.877.224.7117](tel:1.877.224.7117)