



Race to Gold Workout Challenge FAQ

Registration: August 17-31

Challenge: September 1-22

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 Workout Challenge? See the list below! If you are unsure about your device’s compatibility, call Vitality at 877.224.7117 to verify.

IMPORTANT NOTE: The MapMyFitness app 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.

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) 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.
- 5) 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 on the Vitality Today App to your local and/or Vitality Partner Gym 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.
- 6) 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.
- 7) 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!
- 8) 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!
- 9) Do I have to check in to my Vitality Partner Gym on the Vitality Today App to earn a workout for that visit?** Yes! Unlike the May Workout Challenge, for a Vitality Partner Gym workout, team members and spouses will need to check in through the Vitality Today App. Partner Gym workouts are not uploaded to Vitality until late in the next month. By checking in through the Vitality Today App, you will be able to be awarded the points by the end of the Program Year. **Note:** You will want to still sign in to the Partner Gym so you can get your required visit count towards your subsidy payment. Questions? E-mail bwellbeing@barry-wehmiller.com.
- 10) What if I don't see my local gym on the Vitality Today App?** If you are at your gym and you still do not see it on Vitality's list, call Vitality Customer Care with your gym's name, location and phone number to have it added!
- 11) 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. For example, if you take 5,000 steps *and* check in to your local gym on the same day during the challenge, you will earn 10 Vitality points (for the gym visit – higher than 5 points for 5,000 steps) and 1 workout for the May Workout Challenge.
- 12) 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.
- 13) How often will Vitality sync my workouts with the Challenge Leaderboard?** Based on the workout source, the time that your workout appears on the Leaderboard may vary.
- If your workout is being reported from the Vitality Today App check-in, your workouts will appear within the next few hours on the Leaderboard.

- 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 early the next morning on the Leaderboard.

14) Are spouses eligible to participate in the Workout Challenge? YES! We are very excited to have spouses join in the fun! Spouses can register through their Vitality account and join the team of their choosing!

15) Can I still register once the challenge has begun? No. Registration closes August 31.

16) 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 August 16, 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.

17) 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 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!

18) Can I join multiple teams? No, each individual can participate on 1 team only.

19) If I have reached the Physical Activity Category Maximum of 7,000 Vitality points, will I still be able to earn points for this Challenge? Though you will not be able to eligible to earn Core Vitality Program points for your workouts, you *will* be eligible to earn the BONUS Vitality Points awarded based on number of workouts.

Additional Questions?

E-mail bwellbeing@barry-wehmiller.com