



August Divisional Workout Challenge FAQ

Registration: Starts July 28

Challenge: August 9 – August 31

- 1) How do I get a fitness device?** To join the fitness device craze:
- Get your discounted fitness device 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>Fitness Devices*, find a device that suits you and follow the prompts to get your device! If you meet the criteria, there will be a \$70 voucher available for you to apply toward the purchase price of 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 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	Fitbit	Garmin

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

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

- 3) How do I link my fitness device to my Vitality account so that my workouts 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 fitness devices. If I accumulate workouts on multiple devices in a day, will Vitality add all of them together?** Vitality’s current system cannot apply multiple devices to a workout total. The system records from the device that recorded your most advanced workout.

- 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 to your local gym on the Vitality Today App and working out for at least 30 minutes *or* by logging an at home workout on Vitality's website.
- 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 *Gyms* on the Act Now 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 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, click the *Add Gym* link in the *Gyms* page to request to have your gym added!
- 9) **How do I log an at home workout?** Login to Vitality's website using your account credentials. Under *Your Account* you will want to select *Forms and Waivers* and then *Gym Workout*. On the Submission form, the name of the gym you'll enter is *Home*. You may click on multiple dates to get credit for workouts completed in the last several days. Hit *Submit* for it to process. If successful, you should see *Submitted* in green. At home workouts earn 10 points like a gym workout.
- 10) **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 15,000 steps *and* check in to your local gym on the same day during the challenge, you will earn 15 Vitality Points (for the steps – higher than the 10 points for the gym workout) and 1 workout toward your Workout Challenge total.
- 11) **If I earn my first workout by checking in to my gym, do I have to earn the rest of my workouts for the Challenge this way for them to count?** No! You can switch between the approved workouts as often as you like throughout the Challenge.
- 12) **How often will Vitality sync my workouts with the Challenge Leaderboard?** Based on the workout source, the time that it takes for your workout to appear 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 within the next 24 hours on the Challenge Leaderboard.
- 13) **Are spouses eligible to participate in the Challenge?** YES! We are very excited to have spouses join in the fun! Spouses can register through their Vitality account and will participate with the team member's divisional team!
- 14) **Can I still register once the Challenge has begun?** YES! You can still log into your Vitality account and accept the rules of the road even after the challenge has already begun.
- 15) **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 July 20, you were not on the original file we uploaded for the Challenge. Assuming you establish your Vitality account and link your fitness device prior to the last day of registration, you can participate. Simply email bwellbeing@barry-wehmiller.com and we will send you an invitation.

- 16) The Vitality Today app states that steps can be shared with Vitality via my iPhone or Apple Watch. Can I use those devices for the Workout Challenge?** Yes! Vitality can upload steps from both your Apple Health app and Apple Watch. 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 > Health App* and follow the instructions!
- 17) Can I join multiple teams?** No, everyone can participate in 1 team only.
- 18) 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 eligible to earn Core Vitality Program Points for your workouts, you *will* be eligible to earn the BONUS Vitality Points awarded based on the number of workouts you've completed by the end of the Challenge.
- 19) I am a Design Group professional and I'm not sure of my region. Can you help?** E-mail your local CPD and they will be able to assist!
- 20) I don't see my name on the Leaderboard – why not?** 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!

Additional Questions?

E-mail bwellbeing@barry-wehmiller.com