

May 10, 2022

Dear Barry-Wehmiller Team Member:

Our Vision of Wellbeing sets out our goal of *Living Well, Thriving Together*, a statement that helps us stay focused on how we can help you become your best you, and live a more enriched life through enhanced wellbeing.

In that spirit, we are thrilled to share **we are updating our workout and steps challenge platform to MoveSpring**, a state-of-the-art, easy-to-use mobile app and website compatible with most fitness devices.

With MoveSpring, **MORE** team members and spouses can participate in challenges because **MORE** activities count during challenges—everything from aerobics to Zumba, and all kinds of activities in between, including climbing, cycling, gardening, manual wheelchair use, swimming and **MORE!** And, MoveSpring offers **FAST** syncing and an **EASY** chat feature for encouraging your team during challenges.

Don't worry: Vitality isn't going anywhere! You can still work toward earning Vitality Points and Vitality Bucks, strive to unlock the Vitality health club rebate, aim to achieve Vitality GOLD status and access all of Vitality's other wellbeing offerings. We simply will be shifting our challenges to the MoveSpring platform, beginning with the divisional June Movement Challenge, which runs from June 1 to 29.

Please keep in mind that MoveSpring and Vitality are SEPARATE platforms: You will still earn Vitality Points for physical activity in Vitality the same way you always have, and will need to meet the same Vitality guidelines for light, standard and advanced workouts to do so. And, with challenges in MoveSpring, you can still earn **BONUS Vitality Points**. But, Vitality does not recognize activities entered only in MoveSpring, and MoveSpring can't see when you've checked in at your gym on the Vitality Today app.

To participate in the divisional June Movement Challenge—and, we really hope you will, even if you've never participated in a challenge!—team members and spouses (if applicable) MUST enroll in MoveSpring. Before June 1, follow the detailed enrollment instructions on the reverse to create your account (online or via the MoveSpring app), link your fitness device (if you have one) and join your division/location's team.

We've also included the **MoveSpring June Movement Challenge Frequently Asked Questions** document to help you get ready for the June Movement Challenge. There, you'll find details about the additional activities that count during movement challenges and the various ways to track them, *even if you don't have a fitness device or smartphone*, and how often to sync your fitness device if you do have one.

So, are you excited to join us and get moving with MoveSpring? **Enroll TODAY**, so you're ready for the upcoming challenge! And, visit bwwellbeing.com for more information.

Sincerely,



Emily Harrod, Barry-Wehmiller Wellbeing Engagement Leader
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