



## Barry-Wehmiller Step It Up! Challenge May 18–31, 2015

The Step It Up! Challenge is a two-part physical *and* educational challenge between Barry-Wehmiller divisional teams across North America. All active North American associates are eligible to join their respective team below.

TEAMS	
Accraply Canada	Hayssen/Synerlink
Accraply MN	MSI/Vante/Steeger
Baldwin Americas	PCMC- All Locations
BW-STL (All STL associates except DG)	PSC Akron
BWCS Romeoville	PSC Angelus
BWCS Loveland	PSC Clearwater
BWCS Lynchburg	Thiele NE
BWI/Merritech	Thiele FF
BWPS Hunt Valley	Thiele HS
BWPS WI	Thiele Reedley
Design Group – All Locations	

### Part 1: Physical Challenge

**Objectives:**

- Increase individual awareness of daily movement through fitness device usage
- Inspire *more* movement with some competitive spirit
- Step Up our 2015 Become Your Best You journey!

The physical challenge is based on steps tracked *and* uploaded to Vitality from compatible fitness devices. The team with the highest Daily Average Steps (as calculated below) for the 14-day challenge WINS! With Vitality’s NEW Challenge Platform, we are able to track performance daily and see who’s in the lead.

$$\text{Daily Average Steps} = \frac{\text{Total \# of Steps Uploaded}}{\text{Total \# of Eligible Associates}} \div 14 \text{ days}$$

To count as an Active Participant, you must link a fitness device to your Vitality account, register for the Challenge in Vitality, agree to the Rules of the Road, and show steps on the Vitality Leaderboard during the Challenge. Registration begins Tuesday, May 9<sup>th</sup> and continues throughout the duration of the challenge. Complete the following steps:

- 1) Login to Vitality and navigate to Community > My Challenges
- 2) You will see the Step It Up! Challenge invitation waiting for you.
- 3) Follow the steps to register for your team!

All steps must be taken by 11:59 pm Central on May 31<sup>st</sup> and uploaded to Vitality by 11:59 pm Central on June 2<sup>nd</sup>, 2015. Winners will be announced on Friday, June 6<sup>th</sup>!

<b>PRIZES – PHYSICAL CHALLENGE</b>	
Active Participants with 5000-9999 average daily steps at the end of the challenge	100 BONUS Vitality Points
Active Participants with 10000+ average daily steps at the end of the challenge	200 BONUS Vitality Points
Top Active Participant on each team	\$50 Amazon Gift Card
<b>Team with highest Daily Average Steps</b>	<b>\$10/Active Participant for your Wellbeing Budget</b>

## Part 2: Educational Challenge

### Objectives:

- Inspire associates to engage with bwellbeing.com
- Increase awareness and understanding of BW Wellbeing programs and usage of programs as needed
- Step Up our 2015 Become Your Best You journey!

The Educational Challenge involves submitting your answers to four questions about BW Wellbeing programs. On Monday, May 18<sup>th</sup> and Tuesday, May 26<sup>th</sup> (Monday is Memorial Day), we will post two questions on bwellbeing.com. To participate in the Educational Challenge, simply submit your answers directly through bwellbeing.com any time before midnight Central on May 31<sup>st</sup>.

You must answer all four questions completely for your submissions to count toward your team's participation. The team with the highest participation (as calculated below) WINS!

$$\text{Participation} = \frac{\text{Total \# of Complete Submissions}}{\text{Total \# of Eligible Associates}}$$

<b>PRIZES – EDUCATIONAL CHALLENGE</b>	
Participants with complete answers on all 4 questions	100 BONUS Vitality Points
<b>Highest Participation Team</b>	<b>\$5/participant for your Wellbeing Budget</b>

# Step It Up! Challenge FAQ

1) What are the compatible fitness devices for the steps challenge? See the list below! If you are unsure about your device's compatibility, please call Vitality at 877.224.7117 to verify.

Polar Heart Rate Monitor			
Men's	Women's	Unisex	Accessories
FT7M FT40M FT60M	FT7F FT40F FT60F	FT80 RS400 RS400sd RS800CX b H7	FlowLink IRDA USB S1 Foot Pod
Fitbug		Fitbit	
Fitbug – Fitbug Core Membership Fitbug – Fitbug Premium Membership		Fitbit Flex Fitbit Zip	Fitbit One Fitbit Ultra
Garmin			
Running/Multisport	Cycling	Swimming	Outdoor
Forerunner: 10, 910XT, 610, 410, 210, 110, 310XT, FR70, FR60, 405, 305, 205, 301, 201, 101, 50	Edge: 800, 500, 200, 705, 605, 305, 205	Garmin Swim	Fenix
MapMyFitness			
Garmin	Nike	Polar	Other devices
<b>Integration:</b> Garmin Connect browser plug-in, also supports GPX/TCX which most devices support. Please consult your manual for additional export/import information.  <b>Garmin Forerunner:</b> 101, 110, 201, 205, 210, 301, 305, 310, 405, 410, 610, 910  <b>Garmin Edge:</b> 205, 305, 500, 605, 705, 800	<b>Integration: Nike+ API</b> which currently only publishes run data (Fuelband is now compatible).  <b>SportWatch GPS</b>  <b>SportBand</b>  <b>Nike+ Running Apps</b>	<b>Integration: Polar Personal Trainer</b> , also supports HRM/ GPX which most devices support. Please consult your manual for additional export/import information. Polar device must use Flowlink or IRDA transmitter to be compatible with Vitality.  <b>Running &amp; Multisport:</b> RS300X, RS400, RS800,  <b>Cycling:</b> CS300, CS400  <b>Fitness &amp; Cross-Training:</b> FA20, FT40, FT60, FT7, FT80	<b>Jawbone Up wristband</b>  <b>Withings Pulse</b>

- 2) How do I link my fitness device to my Vitality account so that my steps count toward the challenge? Login to Vitality and go to Get Healthy > Fitness & Exercise > Fitness Devices. Click on your fitness device for more information and follow the instructions!
- 3) 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 during the competition to have all of your steps accounted for and keep your team in the running!
- 4) How often will Vitality sync my steps with the Challenge Leaderboard? Daily at 10 PM Central, Vitality pulls each individual's steps into the Leaderboard. In other words, updates are not live and you will see one update to the Leaderboard each day.

- 5) **Are spouses eligible to participate in the Step It Up! Challenge?** The Challenge is for associates only. However, spouses *are* eligible to utilize the resources on [bwellbeing.com](http://bwellbeing.com), so be sure that your spouse checks out the site!
- 6) **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, all Design Group professionals have been pulled together into Team Design Group.
- 7) **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!
- 8) **Can I still register once the Challenge has begun?** YES! You can register through midnight Central on May 31<sup>st</sup>. Your step count will still include all steps tracked and uploaded to Vitality since the start of the Challenge.
- 9) **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 steps includes steps taken by *every associate with a fitness device connected to Vitality* – not only those who have registered as Challenge Team Members. Therefore, you will likely see more steps in your team's total than are reflected by the sum of individual Team Members' steps on the Leaderboard.
  - In the calculation of Average Daily Steps, the Total # of Steps Uploaded is divided by the Total # of *Eligible Associates* – NOT by the Total # of Challenge Team Members. Therefore, it's important to get as many associates as possible to join your team and start stepping!
- 10) **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 21, 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 contact a member of your CPD or Wellbeing Leadership team to learn the name of your team captain. Let your captain know that you would like to join the challenge, and s/he will send you an invitation.

## Additional Questions?

E-mail [bwellbeing@barry-wehmiller.com](mailto:bwellbeing@barry-wehmiller.com)