



January 2021 Workout Challenge FAQ

Registration: December 7-January 3

Challenge: January 4-January 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 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, Misfit and Other devices cannot be linked *directly* to Vitality.

Polar	Fitbit	Garmin
A300 CS: 200cad, 500cad, 500+ FT: 2, 40, 60F-B, 60F-P, 60M-BWD, 7F-B, 7-M, 7M-B, 80B H7 Loop M400 V800 RC: 3 GPS, X3M GPS, X3F GPS, X5 RS: 100, 300X, 400, 800CX	Alta Blaze Flex Force Zip One Ultra Charge Charge HR Surge	Edge: 200, 205, 305, 500, 510, 605, 705, 800, 810, 1000 Epix Explore 1000 Vivofit Vivosmart Vivosmart HR Vivoactive Swim Forerunner: 10, 15, 25, 50, 50, 60, 70, 101, 110, 201, 205, 210, 220, 225, 301, 305, 310XT, 405, 410, 610, 620, 910XT, 920XT Fenix Series (all)

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 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 different 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 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 gym and working out for at least 30 minutes or 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 the website using your Vitality account credentials. Under "Your Account" click on Forms and Waivers. Click on "Gym Workout" on the left-hand side of the screen. On the Submission form, the name of gym is Home. You may click on multiple dates to get the credit. Hit Submit for it to process. If successful you should see Submitted in green.
- 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 10 points for the gym workout) and 1 workout for the Workout Challenge.
- 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 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 within the next 24 hours on the Leaderboard.
- 13) 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!
- 14) Can I still register once the challenge has begun?** Registration through Vitality closes January 3 but you can contact us at bwwellbeing@barry-wehmiller.com if you would like to join the challenge after it has 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 November 30, you were not on the original file we uploaded for the Challenge. As soon as your

15) 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. 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 > Health App* and follow the instructions!

16) Can I join multiple teams? No, everyone can participate on 1 team only.

17) 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 at the end of the Challenge.

Additional Questions?

E-mail bwwellbeing@barry-wehmiller.com