

MoveSpring June Movement Challenge Frequently Asked Questions

1. What is the MoveSpring challenge platform, and how is it different from Vitality's challenge platform?

MoveSpring is a state-of-the-art, easy-to-use mobile app and website compatible with most fitness devices. Through MoveSpring, more activities count during challenges, so participants are no longer limited to earning just workouts and/or steps, as they were during Vitality challenges.

2. Is Vitality going away?

No! We are simply shifting our challenges to MoveSpring. All other aspects of Vitality are staying the same—including earning BONUS Vitality Points for participating in MoveSpring challenges.

3. Do I need to enroll in MoveSpring?

Yes! Please follow the detailed enrollment instructions on the back of the enclosed letter to create your account, link your fitness device (if you have one) and join your division/location's team for the June Movement Challenge.

4. What additional activities count during movement challenges, and how do I track those?

A wide range of 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. There are several ways to track your activities during challenges:

- Link and sync your compatible fitness device to track your steps, miles and active minutes (see #5 and #6)
- Use the MoveSpring app to choose an activity—lots of options are available!—to convert to steps and miles (see #7)
- Manually enter your activity—along with steps, miles and/or active minutes—on the app or website (see #8)
- ALL of the above!

5. What fitness devices are compatible with MoveSpring, and how do I link my device?

You can track your steps, miles and active minutes through a fitness device or smartphone. Apple Health, Apple Watch, Fitbit, Garmin, Google Fit, Misfit, Withings and more are compatible with MoveSpring. Please follow the detailed enrollment instructions on the back of the enclosed letter, and visit help.movespring.com and search *connect* for a full list of compatible fitness devices and connection instructions if you need more help.

6. How do I sync my linked fitness device or smartphone with MoveSpring, and how often do I need to do so?

The way you sync your linked fitness device or smartphone varies. Visit help.movespring.com and search *How do I sync* for step-by-step syncing instructions specific to each compatible device. You must sync your linked fitness device once every 7 days, but we recommend syncing more often to keep the challenge leaderboard up to date!

7. How do I convert an activity from the options available to steps and miles through the MoveSpring app?

It's easy: Open the app, and tap *+ Add activity > Convert activity >* complete the form. Data added through the activity converter will be combined with any device data synced for the day (if applicable). Activities can be entered for up to 7 days (the current day and the previous 6 days), and multiple activities can be converted for each day.

8. How do I manually enter an activity through the app or MoveSpring.com?

To manually enter an activity:

- App: Tap *+ Add activity > Manual activity >* complete the form
- MoveSpring.com: Click *+ Add an activity >* complete the form

When you complete the form, you have the option to select the metrics you want added to your daily activity: steps, miles and/or active minutes. You can choose to add any or all of these metrics. Data added through manual activity entries will be combined with any device data synced for the day (if applicable). Activities can be entered for up to 7 days (the current day and the previous 6 days), and multiple activities can be entered for each day.

9. For the divisional June Movement Challenge, should I focus on steps, miles or active minutes?

Steps! During the challenge—which runs from June 1 to 29—either get your steps wearing a compatible, linked fitness device, use the MoveSpring app to choose an activity to convert to steps, or manually enter your steps through the app or MoveSpring.com.

10. Can I participate in challenges if I don't track steps on a fitness device or if I forget to wear my device?

Yes! You can convert activities to steps (see #7) and/or manually enter any steps (see #8).

11. What if I don't have a smartphone—can I participate in challenges?

Yes! You can manually enter steps, miles and/or active minutes through MoveSpring.com (see #8).

12. With Vitality challenges, I could only earn one workout per day. Is MoveSpring the same?

No! With MoveSpring, you have the flexibility to count many activities toward your daily total! For example, if you take a morning walk and then do yoga in the evening, both can count toward your daily activity total!

13. If I have a linked fitness device and manually enter and/or convert activities, will my step totals be added together?

Yes! Any converted or manually entered activities are added to any activity that flows through a linked fitness device.

14. How often does MoveSpring update the challenge leaderboard?

MoveSpring makes updates in real-time—just sync your linked fitness device and/or convert or manually enter your activities. You can sync and/or enter your activities anytime, but you must do so at least once every 7 days.

15. Do I still need to have my fitness device linked to Vitality to earn physical activity points?

Yes! 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. *Please note: Vitality does not recognize activities converted or manually entered in MoveSpring.*

16. Will MoveSpring count my gym workouts during the challenge if I check in at my gym on the Vitality Today app?

Not exactly. MoveSpring can't see when you've checked in at your gym on the Vitality Today app, but you may convert or manually enter your gym activities into MoveSpring, so they count during the challenge.

17. Are spouses eligible to participate in MoveSpring challenges?

Yes! We are very excited for spouses to join in the fun!

18. What if I have more questions?

MoveSpring can help with technical issues and questions:

- App: Tap *Dashboard* > tap 3-line menu icon in the top-left corner > tap *Message support*
- MoveSpring.com: Click chat icon in the lower-right corner
- E-Mail: help@movespring.com

MoveSpring support is available from 9 a.m. to 5 p.m. Central time, Monday to Friday. You may reach out after hours, and the support team will respond as soon as possible during business hours. You also may e-mail bwellbeing@barry-wehmiller.com with other questions.

LET'S GET MOVING TOGETHER WITH MOVESPRING!