



## Barry-Wehmiller HomeStretch Challenge

### Registration: August 17-31

### Challenge: September 1-25

The HomeStretch Challenge is a team-based steps challenge designed to drive a STRONG end to our 2015 Wellbeing Program Year. The Challenge is based on team steps tracked *and* uploaded to Vitality from Challenge-compatible fitness devices (see page 3 for a complete list). This time around, the teams are up to you – your department, your BWU classmates, your friends from other divisions – any group of 10-100 North American BW associates will work! You have the option of becoming a team captain and starting your own team or joining a team that has already been created.

With the program year ending on September 30, we hope to...

- Inspire you to increase your activity level with some competitive spirit.
- Help you earn some extra Vitality points (10% carryover into the next program year) and bucks (you keep ‘em till you spend ‘em).
- Provide an additional opportunity for you to get to Gold status if you’re working towards the Better You Incentive and need to turn up the heat before the September 30 deadline.

<b>REWARDS</b>	
<b>Team Rewards</b> (BONUS Rewards per team member for achievements shown below)	
<i>Team Daily Average Steps (TDAS)=</i>	<i><math>\frac{\text{Total \# of Steps Uploaded by your Team Members}}{\text{Total \# of People on your Team}} \div 25 \text{ days}</math></i>
5,000-9,999 TDAS	200 BONUS Vitality Points
10,000+ TDAS	400 BONUS Vitality Points
Team with highest TDAS	Corporate-sponsored celebration (\$10/team member) <i>PLUS</i> BW Wellbeing shirt of your choice (long-sleeve, short-sleeve, t-shirt, fleece, cardigan – we promise they’re cool!)
Teams with 2 <sup>nd</sup> and 3 <sup>rd</sup> highest TDAS	BW Wellbeing shirt of your choice
<b>Individual Rewards</b> (Core Vitality Program Points)	
5,000-9,999 steps in 1 day	5 Vitality Points
10,000+ steps in 1 day	10 Vitality Points
1 <sup>st</sup> day of the week (Sun-Sat) taking 10,000+ steps	15 BONUS Vitality Points
5 <sup>th</sup> day of the week (Sun-Sat) taking 10,000+ steps	40 BONUS Vitality Points

## Team Roles

**Team Captain:** The Team Captain is responsible for setting up the team within Vitality. You can invite specific team members to join your team or leave your team open for anyone to join. Note: There are no real administrative responsibilities beyond the initial set up, only boosting morale and getting your team stepping!

To register as a Team Captain and start your own team:

1. **Please set up your team early in the registration period to allow maximum time for team members to join.**
2. Login to Vitality and navigate to Community > My Challenges.
3. You will see the HomeStretch Challenge invitation waiting for you.
4. Select "Get Started" and "Join this Challenge".
5. Read and agree to the Rules of Road and you're ready to go.
6. Select "Create Team".
7. Create a team name and slogan.
8. Choose "Open to Join" if you would like anyone to be able to join your team or "Invitation Only" if you have a specific group of people in mind.

*Note: If you make your team "Invitation Only", only people you invite can join your team. The team will not show up for everyone on the "Join the Teams" page.*

9. Upload your own team logo or choose from Vitality's photo options and you're ready to go.
10. Whether you choose "Invitation Only" or "Open to Join", don't forget to encourage people to join your team! Your team must have 10-100 members in order to participate in the challenge.

**Team Member:** Ensure that you have a challenge-compatible fitness device linked to Vitality. Get moving to help your team finish the program year strong and earn the maximum BONUS Vitality Points!

To register and join a team that has already been created:

1. Login to Vitality and navigate to Community > My Challenges.
2. You will see the HomeStretch Challenge invitation waiting for you.
3. Select "Get Started" and "Join this Challenge".
4. Read and agree to the Rules of Road and you're ready to go.
5. Select "Join Team," find the group with whom you would like to compete and follow the instructions to register. You can join any team you see on the list!

The Challenge ends at Midnight Central September 25.

The deadline for *manually* syncing your device is 9 PM Central September 27.

# The HomeStretch Challenge FAQ

- 1) How do I get a fitness device?** To join the fitness device craze:
- Get your FREE Fitbug 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. You will get a pop-up message to redeem your FREE Fitbug!
  - 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 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.

**IMPORTANT NOTE:** The MapMyFitness app *alone* will not transmit steps to Vitality. Rather, the 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	Fitbug	Fitbit	Garmin
Loop M400 V800	Go ORB Air	Flex Zip One Ultra Charge Charge HR Surge	Vivofit Vivosmart Vivoactive

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 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!
- 4) I am attempting to link an old Fitbug and it doesn't seem to be working. What should I do?** Log in to your Fitbug account [HERE](#) using your *registered e-mail address* as your username. If that doesn't work, e-mail [bwellbeing@barry-wehmiller.com](mailto:bwellbeing@barry-wehmiller.com) and we will help you!
- 5) 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!
- 6) 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.
- 7) Are spouses eligible to participate in the HomeStretch 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!

- 8) **Can I join multiple teams?** No, every associate can participate on 1 team only.
- 9) **Can I still register once the Challenge has begun?** No, registration closes at Midnight Central on August 31.
- 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 August 12, 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 e-mail [bwwellbeing@barry-wehmiller.com](mailto:bwwellbeing@barry-wehmiller.com) and we will send you an invitation.
- 11) **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 steps, you *will* be eligible to earn Team Rewards.
- 12) **I use multiple different fitness devices. If I accumulate steps 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.
- 13) **My steps on the Leaderboard do not match what I see on my device. Help!** Your steps make several stops before they post to the Leaderboard. Therefore, **the Leaderboard likely will *not* match your device until 48 hours after they've been uploaded to your fitness device provider.** For those who want to understand further, the process looks like this:
- 1) At different times throughout the day, Vitality receives data from the many compatible fitness device providers.
  - 2) This data is loaded to Vitality's *main database*, which records your steps and rewards you with points for Verified Physical Activities and Verified Workouts.
  - 3) At approximately 10 pm Central, Vitality syncs the *main database* with the *Vitality Challenge platform database*. Therefore, steps earned or synced after 10 pm Central will not migrate to the Challenge platform database until the following day's data feed.
  - 4) Beginning at approximately 9 am Central, Vitality syncs the *Challenge platform database* with the *Leaderboard*.
- 14) **I have waited 48 hours and am still not showing *any* steps on the Leaderboard. What gives?**
- **Your device may not be linked:** Login to Vitality and navigate to Get Healthy > Fitness and Exercise > Fitness Devices. Click on your device and check that it is, in fact, linked to Vitality. If not, follow the steps listed to link your device. You will start showing steps on the Leaderboard within 48 hours.
  - **Your device may not be synced:** If your device does not sync wirelessly, check that you have synced your steps with your device provider. For example, the Fitbug must be periodically synced with Fitbug's site via a USB cord. Sync your device, and you will start showing steps on the Leaderboard within 48 hours.
  - **If neither of these seems to be the issue:** Call Vitality at 877.224.7117 for further assistance.
- 15) **The Vitality Today app states that steps can now be shared with Vitality via my iPhone or Apple Watch. Can I use those devices for the HomeStretch Challenge?** Unfortunately, no - these are new integrations with Vitality that do not yet integrate with the Challenge platform database. Please refer to Question 2 above for the complete listing of Challenge-compatible fitness devices.

## Additional Questions?

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