



Participant Guide



Northwell Health®

Made for *this*™

Where will 3.7 million steps take you?

Dust off your walking shoes and get your Max Buzz (or preferred activity tracker) ready – it's time to walk to Dublin!

Introducing the all-employee Walk to Dublin, an exciting new challenge that gives you the chance to have fun, get active, and win a trip to Ireland!



Walk to Dublin

Register at Northwell.edu/myWellness

Challenge Overview

The Walk to Dublin is an eight-week, team-based step challenge available to all employees, of all fitness levels – you just need to be a myWellness member (Not a member yet? Sign up at Northwell.edu/myWellness today and download the Virgin Pulse app!).

Celebrate the heritage of Northwell's President and CEO, Michael J. Dowling for a chance to win a trip to Ireland! Teams of 10 will compete in a virtual journey from New York City to Dublin by tracking their steps, unlocking remarkable destinations throughout Ireland on their way. The more steps your team takes, the more destinations you unlock. All teams of 10 to reach Dublin will qualify to win a trip to Ireland.

What's more, you can also earn myRecognition points – up to 140 per day!
It's time to see your well-being differently.

Walk to Dublin at a glance

Who: Teams of 10

What: 8-week step challenge

When: April 16 – June 10

Where: On the floors, at the office, a park, the supermarket...wherever

How: Walk from NYC to Dublin (approx. 3.7 million steps)

Why:

- Improve your well-being
- Have fun at work
- Challenge yourself
- Be a team player
- Earn myRecognition points
- WIN A TRIP TO IRELAND!



Grand Prize

All teams of 10 who reach Dublin are eligible to win the GRAND PRIZE trip to Ireland:

- Round trip economy class airfare
- 4 star hotel for 7 days/nights
- Choice of one CIE tour for 7 days/nights
- 50% discount for hotel, airfare and tour for 1 companion
- Travel must be completed by September 1, 2019



Join the Walk to Dublin

Sign up is easy. Log-in at Northwell.edu/myWellness or use the Virgin Pulse mobile app



Register March 26-April 16

Join a Team

1. Go to Challenges tab and click Walk to Dublin
2. Scroll down to the Join Team section and either choose a suggested team, or use the search bar to find a team by team name
3. When you find the team you'd like to join, click the Join Us button on the team card

Create a Team (Become a Team Captain)

1. Go to Challenges tab and click Walk to Dublin
2. Scroll down to the Join Team section and click on the Create a Team tab
3. Fill in the required fields (team name, photo, public/private) to create a team
4. When the form is complete, click the Create Your Team button at the bottom of the page

Registration

Sign up for the Walk to Dublin between March 26 and April 16. Once you register, access the team dashboard to see which teams are open, or to create your own team (if a team is open, you can join it, even if you're not in proximity to other teammates).

Teams

Teams are made up of 10 members, including one team captain. Only full teams of 10 that reach Dublin will be eligible for the grand prize. If you leave a team after the start date, you can't rejoin the challenge.

Tracking Your Activity

To maximize your participation, don't forget to sync your Max buzz or preferred activity tracker to the Virgin Pulse app on your smartphone (see pages 9-11 for a list of supported devices). It's a good idea to sync your activity daily so that your team can track its progress in real time. You can only back-track up to one week at a time and all final activity must be uploaded by June 20.

Challenge Emails

After signing up for the challenge, you'll receive a series of reminder emails to keep you informed of upcoming milestones and deadlines.

Team Captain Tips: 5 things you need to know to lead a team to Dublin

#1 What is the Walk to Dublin?

The Walk to Dublin is an eight-week, team-based step challenge available to all employees, of all fitness levels. Teams of 10 will compete in a virtual journey from New York City to Dublin while tracking their steps, unlocking remarkable destinations throughout Ireland on their way. The more steps your team takes, the more destinations you unlock. All teams of 10 to reach Dublin will qualify to win a trip to Ireland!

#2 When is the Walk to Dublin?

Walk to Dublin kicks off on April 16 and ends on June 10. Registration opens on March 26 through April 16.

#3 How do I become a team captain?

To get started, either login to your desktop at Northwell.edu/myWellness or use your Virgin Pulse mobile app

- Go to Challenges tab and click Walk to Dublin
- Scroll down to the Join Team section and click on the Create a Team tab
- Fill in the required fields (team name, photo, public/private) to create a team
- When the form is complete, click the Create Your Team button at the bottom of the page

#4 How do I assemble a team?

You can invite colleagues to join your team from the Create a Team widget in your Virgin Pulse app. Still not at 10 players? No problem. Mark your team as Public on the “edit team section” of the My Team page so that anyone can join!

#5 How do I communicate with my team?

From the Virgin Pulse app, you can post rallying calls to your team chat and send emails to all team members. Keep your team motivated and excited by sending regular tips, reminders and inspiration. Here are some examples: *1 million steps down, 2.7 million to go! Let's go team! * Join me after work to get some steps in – I'll see you in the lobby at 5pm! *Great job, team – we unlocked a new destination today! Remember, you can earn up to 140 myRecognition points a day, just for syncing your steps!

Supported Devices

FEATURES→	Device Features						FEATURES_VP SUPPORTS						
Device Name↓	Steps	Active Minutes	Sleep	Calories Burned	RMR	Can track session	Steps	Active Minutes	Sleep	Calories Burned	RMR	Track session (Workout Minutes)	Sync wireless (BLE*) or USB
VP Max¹	✓	✓	✓	✓	No	No	✓	✓	✓	✓	No	✗	Wireless
Fitbit flex	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Flex 2	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit zip	✓	✓	✗	✓	Yes	No	✓	✓	✗	✓	Yes	✗	Wireless
Fitbit One	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Surge	✓	✓	✓	✓	Yes	Yes	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Charge	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Blaze	✓	✓	✓	✓	Yes	Yes	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Alta	✓	✓	✓	✓			✓	✓	✓	✓			
Fitbit Alta HR	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Fitbit Charge 2	✓	✓	✓	✓	Yes	No	✓	✓	✓	✓	Yes	✗	Wireless
Misfit Shine	✓	✗	✓	✓	Yes	No	✓	✗	✓	✓	Yes	✗	Wireless
Misfit Shine 2	✓	✗	✓	✓	Yes	No	✓	✗	✓	✓	Yes	✗	Wireless
Misfit speedo	✓	✗	✓	✓	Yes	No	✓	✗	✓	✓	Yes	✗	Wireless
Misfit Flash	✓	✗	✓	✓	Yes	No	✓	✗	✓	✓	Yes	✗	Wireless
Misfit Ray	✓	✗	✓	✓	Yes	No	✓	✗	✓	✓	Yes	✗	Wireless
GARMIN Full list of Garmin devices attached below													
Garmin Vivofit*	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✓	Wireless

Supported Devices cont'd

Garmin Vivofit2	✓	✗	✓	✓	Yes	Yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin VivoActive*	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin VivoSmart*	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin VivoSmart HR*	✓	✓	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin Vivo Active HR*	✓	✓	✓	✓	Yes	Yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin Fenix*	✓	✓	✓	✓	Yes	Yes	✓	✗	✓	✓	Yes	✓	Wireless
Garmin Forerunner family*	✓	✓	✓	✓	Yes	Yes	✓	✗	✓	✓	Yes	✓	Wireless
Jawbone UP	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✗	USB
Jawbone UP2	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✗	Wireless
Jawbone UP3	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✗	Wireless
Jawbone UP4	✓	✗	✓	✓	Yes	yes	✓	✗	✓	✓	Yes	✗	Wireless
Jawbone UP24	✓	✗	✓	✓	Yes	Yes	✓	✗	✓	✓	Yes	✗	Wireless
Jawbone UP Move	✓	✗	✓	✓	Yes	No	✓	✗	✗	✓	Yes	✗	Wireless
Polar Heart Rate monitor	✓	✓	✗	✓	No	yes	✗	✗	✗	✓	✗	yes	Wireless
Moves app	✓	✗	✗	✓	No	No	✓	✗	✗	✓	Yes	No	n/a
VP GoZone2	✓	✓	✗	✓	No	No	✓	✓	✗	✓	No	No	Wireless
Fitbit Charge HR	✓	✓	✓	✓	✓	No	✓	✓	✓	✓	Yes	No	Wireless
Azumio Sleep Time	✗	✗	✗	✓	No	No	✗	✗	✓	✗	N/A	No	n/a
Apple watch series 1 and 2	✓	✓	✓	✓	yes	yes	✓	✓	✗	✓	n/a		Wireless
S-health *details on Samsung Gear below	✓	✓	✓	✓	Yes	Yes	✓	✗	✗	✗	✗	✗	Wireless
G-fit	✓	✓	✓	✓	Yes	Yes	✓	✗	✗	✗	✗	✗	Wireless
Strava	✗	✗	✗	✓	Yes	No	✓	✗	✗	✓	n/a	✓	App
Jarden NuYu	✓	✗	✗	✗			✓	✗	✗	✗	✗	✗	
Apple HealthKit	✓	✓	✓	✓	Yes	Yes	✓	✗	✗	✓	No	No	App

Supported Devices con't

Striiv - all activity devices that sync with Striiv app	✓	✓	✓	✓	No	No	✓	✗	✓	✓	No	No	Wireless
Withings - all activity devices that sync with Withings app	✓	✓	✓	✓	Yes	No	✓	✗	✓	✓	No	No	Wireless
Withings scale - will show as validated weight on VP	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Wireless
Withings blood pressure - will show as validated BP	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Wireless
Miband - via Google Fit	✓		✓				✓		✗				Wireless - via Google Fit
Miband - via Apple HealthKit	✓		✓				✓		✗				Wireless - via Apple HealthKit

- VP Max can be synced using USB and bluetooth.
 - All other devices are synced mainly using bluetooth.

*BLE: Bluetooth enabled

*Shealth and Google fit uses the step tracking ability build in the Samsung and Android phones respectively to track steps.

*Samsung Gear support is through S Health - meaning this will only work on a Samsung device that has S Health installed. The S Health app will send steps to our app once you pair the two (go to App Settings and there is a slider that connects the two apps when turned on). It is steps only. Supported devices are listed below:

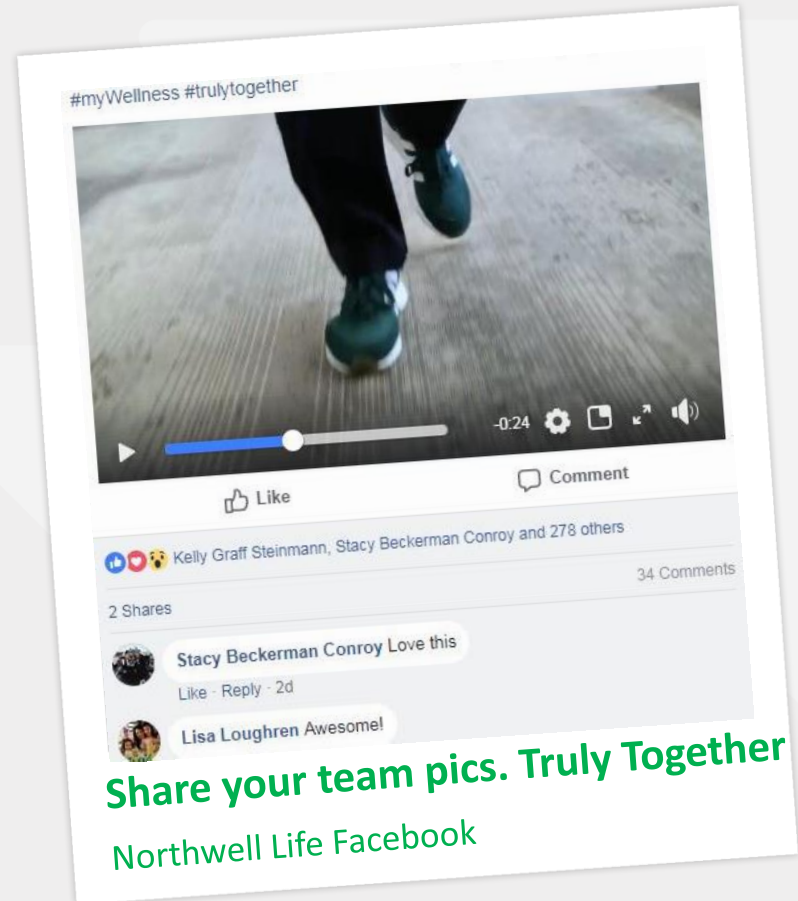
- Gear Fit
- Gear Fit2
- Gear S
- Gear S2
- Gear S3

Share your team step count
Post your virtual destination in
Ireland
Enjoy the journey with some
friendly competition
Motivate each other



Northwell Life

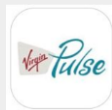
#WalktoDublin #myWellness



See you in Dublin!

Join the challenge at
Northwell.edu/myWellness

Or use your mobile device with the
Virgin Pulse app



FAQs can be found on Northwell.edu/myWellness>
Support tab on the right side of screen

Questions?

Contact (877) 785-3222 or
myWellness@northwell.edu



