



MoveSpring is coming to Concordia Health Plan members through Vitality.

For internal use only.

What is MoveSpring?

MoveSpring is a new challenge feature within Vitality that gives you the ability to participate in more challenges and earn more Vitality points along the way. Some challenges may be Synod-wide, but you'll also be able to organize your own with co-workers or do individual challenges.

How are MoveSpring and Vitality connected?

MoveSpring is only available through employer health plans that have partnered with MoveSpring.

Your MoveSpring account will automatically be connected to your Vitality account when you register using the provided organization code: **Concordia Plans** (not case sensitive, include a space between words).

Will I get points for MoveSpring participation?

Yes! Participation points in MoveSpring challenges will automatically load to your Vitality account (typically within two weeks of completing a challenge).

Which devices can I connect to my MoveSpring account?

MoveSpring connects to a variety of fitness tracking devices including Fitbit, Garmin, Withings and Apple Watch. To view a full list of connectable devices [click here](#).

It's important to connect your fitness devices to your MoveSpring to be able to participate in physical activity challenges.

Registering for MoveSpring

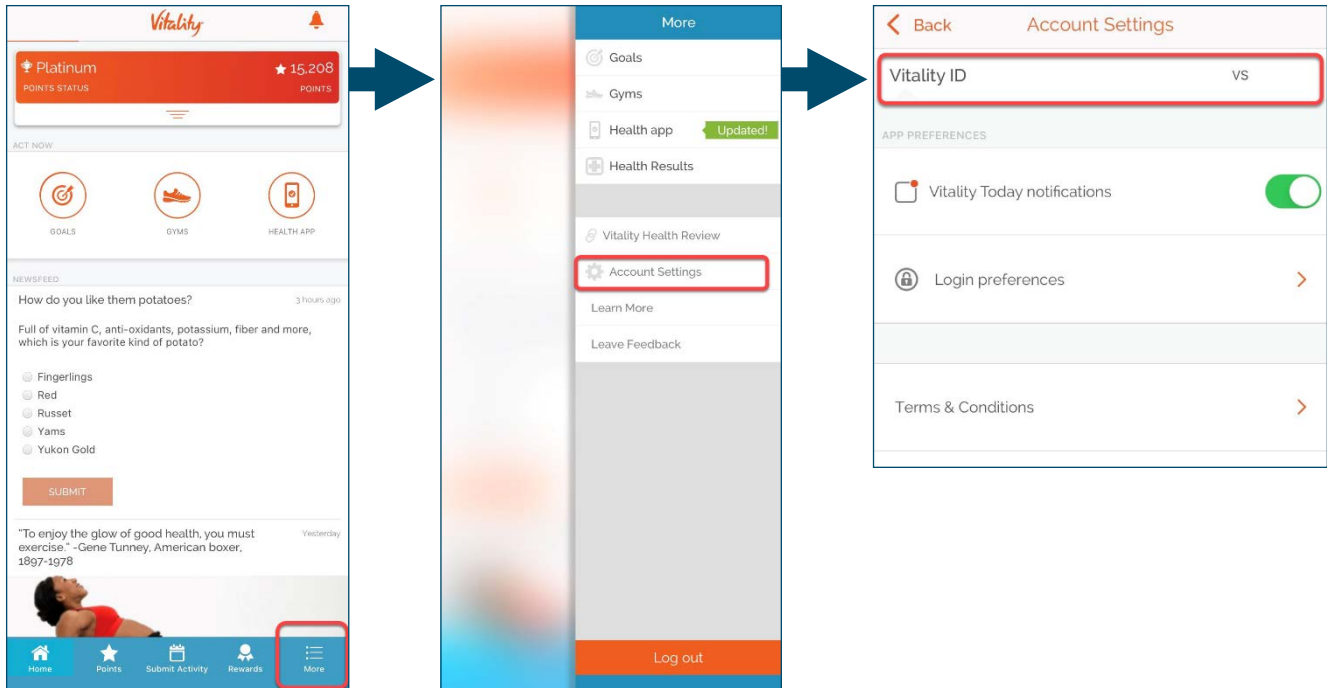
Create your MoveSpring account on a computer at app.movespring.com or by downloading the MoveSpring app to your mobile phone via the [App Store \(iPhone\)](#) or [Google Play \(Android\)](#).

You will need the following when registering:

- Organization code: **Concordia Plans** (not case sensitive, include a space between words).
- Vitality ID number plus '00' (i.e., two zeros) at the end of your 10 character long Vitality ID. Spouses must include '01' (i.e., zero, one) at the end of your ID. For example: Vitality ID: VS12345678, Primary member role: 00 = VS1234567800.
- **Locating your Vitality ID on a web browser:**
 - > Log in to Vitality, hover over your name in the top right corner and then click "Settings."
 - > The Vitality ID is displayed in the top left corner (*Vitality ID begins with VS*).

- **Locating your Vitality ID on the Vitality Today app:**

- > Open the app, click "More" in the bottom right.
- > Click "Account Settings."
- > Vitality ID is displayed at the top (*Vitality ID begins with VS*).



Registered and ready to start?

While you wait for our first Synod-wide challenge to kick-off you can get started with a **challenge between friends** or **create your own challenge**!