



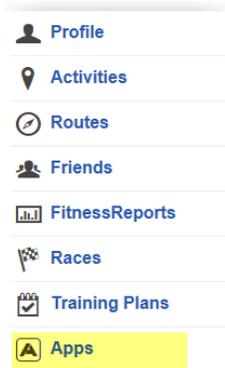
We know choice *is* important to you and a single device may not fit all your fitness needs.

This kind of thinking is what drives us to explore more ways to support you in your quest to become healthier. Starting now, you have more choices – a wide selection of fitness devices to help you track your progress and earn rewards in the Virgin HealthMiles program!

Through our partnership with RunKeeper, you can now integrate many of the latest and most popular activity and bio measurement devices. In addition to Polar and the full suite of Fitbit tracking devices, you can also use the Wahoo key/fitness run pack along with Withings smart scale and blood pressure monitor to motivate yourself and improve your game! Getting to the next level and earning health rewards just got more personal.

Here's how it works:

1. Create a free RunKeeper account at www.runkeeper.com using your computer.
2. Once you've completed the registration process and logged into the site, click the "Apps" Link, located in the lower left-side navigation menu.



3. Next, click on the "My Apps" link located on the upper right corner of this page.



- Now, select the device you would like to pair with RunKeeper – for example Fitbit – and click on the “Connect to Fitbit” button. This assumes you have already created an account and registered your Fitbit device at www.fitbit.com. Similarly, you’d want to register any other devices that you’ll be connecting to RunKeeper directly with the manufacturer.

	Foursquare Status: Not Connected <small>Don't have an account yet? Click here to get one!</small>	Connect to foursquare
	FitBit Status: Not Connected <small>Don't have a Fitbit yet? Click here to get one!</small>	Connect to fitbit
	Zeo Status: Not Connected <small>Don't have a Zeo yet? Click here to get one!</small>	Connect to ZEO

- You will be directed to the device maker’s site (e.g. Fitbit) in order to give RunKeeper permission to read and write your data and complete the connection.

The application **RunKeeper** by FitnessKeeper, Inc. would like the ability to read and write your data on Fitbit.

Authorize?

Email:

Password:

[Deny](#) [Allow](#) [Create a new account \(free\)](#)

Not using Fitbit yet?

The Fitbit Wireless Activity Tracker helps you live a healthier, more active life. Track your daily:

- Steps
- Distance
- Calories burned
- Sleep

It's small and light, you can wear it all day. Sync wirelessly to see your data, set goals, log food intake, and compete with friends online. [Learn more](#)



6. Alright, we're just about done! Go to the "Fitness Tracking Devices" page on the LifeZone portal <https://www.virginhealthmiles.com/secure/activity/devices.aspx> or navigate to it from the top drop down menu on the LifeZone using **Activity > Fitness Tracking Devices**:

1. Connect your VHM account with your Runkeeper account. Click on the "Connect to RunKeeper" button and then click on "Allow". Your status will change to "✓ **Connected**" on the Fitness Tracking Devices page.
2. Once you pair RunKeeper with VHM, data from supported devices that's already connected to RunKeeper will be automatically pulled in too. You don't need to repeat this process for each device. In our example, the Fitbit section will update to show that it's connected.
3. And that's it, you're good to go!

Virgin HEALTHMILES

Rewards ▾ Activity ▾ Measure ▾ Challenges ▾ Connections ▾

Fitness Tracking Devices

Stay on track with your fitness goals with the right tool to do the job! We know one size doesn't fit all and a single device may not fit your lifestyle. So we made sure to give you options when it comes to your fitness tracking devices. See what's available for use with your Virgin HealthMiles program today. Choose the device that's right for you to capture your daily activities or monitor your biometrics like heart rate and calories burned. Good data allows you to make good decisions. Aren't you just a bit curious how you stack up? Please note: If you plan to use Polar, Runkeeper, or the Dash app's, they may not be permitted to use on your company issued computers.

Jump to a tracker:
[GoZone](#) [Dash app](#) [Polar Heart Rate Monitor](#) [RunKeeper](#) [Fitbit](#) [Other RunKeeper Devices](#)

GoZone Pedometer

Central to the HealthMiles program is the GoZone pedometer, the ultra-wearable activity tracker with 3D accelerometer-based technology for true tracking accuracy.

The GoZone clips securely to your clothing, so you can wear it daily and make every step count – at work, at the gym, at the mall.

Wearing your GoZone is the best way to earn HealthMiles, and it's a constant reminder to stay active.

Once you have the GoZone iSync software installed and running on your computer, you'll plug it into your GoZone and automatically upload steps taken, distance covered and calories burned to your account. These stats will display on your Activity Journal.

You can also control how your GoZone resets itself. On your [Manage Account](#) page, you can select the "manual" or "midnight" reset option.

Status: **Connected**
You have registered your GoZone pedometer.
[Activate your GoZone](#)

[Buy a new GoZone](#)

[Get GoZone Support](#)
[Download the GoZone Software](#)

RunKeeper

RunKeeper makes tracking your workouts fun, social, and easy to understand so that you can improve the quality of your fitness.

Status: **Connected**
[Disconnect](#)
[Learn more about RunKeeper](#)

Fitbit (with RunKeeper)

Make every step you take a step towards better fitness. The Fitbit Tracker shows you real-time activity stats so you know how close you are to your goals. It's with you every step of the day, motivating you to make small changes that add up to big results.

[Learn more about Fitbit](#)

Now that you've connected your device(s) to Virgin HealthMiles through RunKeeper, your data should automatically flow to Runkeeper each time you upload/connect your device. From there, data will flow to Virgin HealthMiles **each time you log on to the LifeZone portal**.



Important To Know

- Virgin HealthMiles (VHM) will pull, store and reward on (if applicable) your activity and measurement data received from RunKeeper **AFTER** all the device accounts have been paired up and synched.
- Every time you log on to the LifeZone, VHM will make a system request for up to 14 days of your most recent data from RunKeeper. To ensure that you don't miss out on any VHM program earning opportunities, **log in to the LifeZone often – at minimum every 14 days.**
- Information received will be displayed in your Activity Journal and Bio Measurement History pages.
- Rewards can be offered for the following RunKeeper information:

	Up to 7,000 steps or less than 15 Active Minutes*	7,000 - 11,999 steps in a day or 15-29 Active Minutes*	12,000 - 19,999 steps in a day or 30-44 Active Minutes*	20,000 or more steps in a day or 45+ Active Minutes*
Self-entered activity	10 HMs per entry, up to a maximum of 20 HMs per day.			
Validated activity	20 HMs	60 HMs	80 HMs	100 HMs
Self-entered bio measurements	For rewards, please refer to your plan design outlined in your LifeZone page: https://www.virginhealthmiles.com/secure/rewards/programdescription.aspx			
Validated bio measurements	Measurements from Withings scale and blood pressure cuff as well as Fitbit's scale, earn the same amount of rewards as validated measurements from our HealthZone. For reward amounts, please refer to your plan design outlined in your LifeZone page: https://www.virginhealthmiles.com/secure/rewards/programdescription.aspx			
Steps <i>(only offered for Fitbit steps and not for other devices)</i>	20 HMs	60 HMs	80 HMs	100 HMs

* RunKeeper Active Minutes are based on speeds of more than (4 miles per hour) and must have at least one validated GPS coordinate. Manually entered data are not accepted as validated data.