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What is the Be Colorado *Move.* program?

Be Colorado *Move.* is a program designed to encourage increased physical activity through monthly incentives. Each month, participants can earn \$25 if they complete moderate to vigorous physical activity at least 30 minutes a day, or take 10,000 steps in a day, for 12 days. To record progress, the *Move.* program utilizes an app created by Fitdigits.

Who is eligible for Be Colorado *Move.*?

University of Colorado, UCHealth and CU Medicine employees and retirees who are the primary member of a CU Health Plan account (e.g., Exclusive, Exclusive2, Kaiser, High Deductible/HSA Compatible, Extended or Medicare) are eligible. Once your medical insurance enrollment is processed, you will then be marked as eligible to receive *Move.* payments. Processing typically occurs on the 15th of the month in which your paperwork is submitted.

Dependent spouses, including dependent spouses who are also employees of the University of Colorado, UCHealth and CU Medicine, and dependent children are not eligible at this time.

What are the requirements of the program?

To qualify for the incentive payment, the participant must complete at minimum 30 minutes of moderate to vigorous physical activity at least 30 minutes a day, or take 10,000 steps in a day, for 12 days. Physical activity can be tracked using the *Move.* app, and steps can be recorded using an activity-tracking device like Fitbit, Jawbone UP, Misfit Shine or Garmin.

If tracking activity with the app, the daily 30-minute requirement can be met in 10-minute increments over the course of a day.

Only two manual-entry workouts will count towards the requirement each month – the rest have to be tracked by the app or another tracking device.

If you are using an activity-tracking device, all activities must be synced each month by the 5th of the following month. Activity-tracking devices need to be fully synced with their cloud accounts. To see if your data is being properly transferred, please check on the [Move. website](#). The [Calendar page](#) will show your data and qualifying active days. If you don't see your data within a few days, please email support@fitdigits.com.

How do I join?

It is important that you follow all of the steps in order to enroll properly. You may only join four weeks after your health insurance takes effect. This is due to the time it takes to process your enrollment in health insurance. To join:

- Either download the *Move.* app on your Android or iOS device, or visit the becolorado.fitdigits.com website and click “Sign Up.”
- If joining through the website, enter your last name, employee ID number, e-mail address (this becomes your username) and password. Remember to use the same email you registered with when logging in to the *Move.* app or website.

Is there a deadline to register?

There is no deadline to register; you can sign up at any time.

What is moderate and vigorous physical activity?

Examples of moderate-intensity activity include brisk walking, yoga and biking on a level surface. Examples of vigorous-intensity activity include jogging, elliptical use, CrossFit, swimming and playing competitive sports.

Can I manually enter all of my workouts on the website?

No. A manual entry is self-reported and not recorded in real time using a verifiable tracking device. Only two manual-entry workouts will count toward the 12-day requirement each month – the rest must be recorded in real time by the *Move.* app or activity-tracking device.

There is a manual entry option in the app, and on the website under “Workouts.”

Do the 12, 30-minute activities have to be completed on 12 separate days?

Yes, the 12, 30-minute activities must be completed on 12 different days of the month. If you complete a workout longer than 30 minutes, or more than one 30-minute workout on the same day, it will not count as more than one active day.

What is the cost of the program?

There is no cost to download the Be Colorado *Move.* app. If you download and use the app to record your activity, you do not need to purchase any additional tracking devices or monitors in order to participate in the program. The app can record both indoor and outdoor activities, and a heart rate monitor is not required to participate.

If you do not have an iPhone, Android phone, iPad, iPad Mini or iPod Touch that supports the app, you can purchase a compatible product to link with the *Move.* website. Misfit offers multiple devices starting at \$20. Misfit and other devices can be purchased at a variety of retail stores or online sites including Amazon, Target, REI and Best Buy.

I do not have an iPhone, Android phone, iPad or iPod touch; can I still participate?

If you have an activity-tracking device such as a Fitbit, Misfit Shine or other supported tracker, you can sync your accounts with the Be Colorado *Move.* website and import your data. Click [here](#) for instructions on how to link your device and import your workouts to the *Move.* website.

What are Fitbit, Jawbone UP, Garmin Vivofit and Misfit devices and how do they work with the *Move.* program?

Fitbit and other activity-tracking devices measure your steps, distance traveled, calories burned and other activity stats throughout the day. If you are using one of these devices, there are two ways you can meet the program requirement:

- Complete a minimum 30 minutes of moderate to vigorous physical activity, as measured by trackers 12 days a month; or

- Complete 10,000 steps a day, 12 days a month

Some of my activity-tracker data is missing on the *Move.* website; how can I fix this?

If you do not see your most recent data, or if the data is inconsistent on the *Move.* website, contact support@fitdigits.com.

It is important to log in to the *Move.* website regularly to check your progress and make sure that your data is transferring correctly.

How do I get the Be Colorado *Move.* app on my iPhone, Android phone or iPod touch?

You can download the free Be Colorado *Move.* app from iTunes or the Google Play store.

How do I use the Be Colorado *Move.* app to track my activity?

To track activity, turn on the app, select your workout category and record your activity while you are doing it. For a guide on how to use the app, visit the [Move. website](#).

Can I use the Be Colorado *Move.* app to track indoor activities?

Yes! You can use the Be Colorado *Move.* app to track all indoor activities including treadmill jogging, elliptical use, swimming, stationary biking, weight lifting, Zumba, yoga, kickboxing, CrossFit, etc. Your phone does not need to be attached to your body; you can store it in a locker or elsewhere while you complete an activity such as swimming. You do not need to purchase a heart rate monitor or any other device for indoor activities as long as you use the app to record your activity.

There are a variety of workout options listed on the home screen, and can even create your own by clicking on the "Other" options and entering a workout type specifically for you!

How do I keep track of my progress toward the goal?

Every time you sync your workouts from the app to the website, a progress bar will pop up on your app indicating your progress. You can also track progress on the becolorado.fitdigits.com website – there will be an "Active Days" progress bar in the Dashboard and Calendar sections, and the calendar will display a yellow ribbon on each day you complete a qualifying activity.

If you see a "Join Now" screen when you sync, and do not see the progress bar on your app or on the [Move. website](#), log in at becolorado.fitdigits.com and click "Groups." Then, click "Join *Move* Program" in the navigation bar and enter your last name and employee ID in order to complete enrollment in the program.

Does the app use data?

The only time the app uses data is when you sync your activity to the *Move.* website. You can wait to sync your workouts until you are on a WiFi network so that you do not use data. Data used while syncing is insignificant and should not impact your data plan.

Can I delete my workouts after the month is over?

No, you should not delete your workouts after the month is over. Reports are compiled quarterly and it would impact the report, which could make miss out on earning the incentive.

How will I receive the money I earned if I meet the monthly requirement?

You will receive a quarterly payment in your paycheck for the incentive money earned during the previous quarter (up to \$75 a quarter). This payment is subject to tax.

The payment schedule* is as follows:

- July payment: Incentives earned for April through June
- October payment: Incentives earned for July through September
- January payment: Incentives earned for October through December
- April payment: Incentives earned for January through March

*CU Medicine employees are paid one month after the payment month listed.

Will my employer have access to my physical activity data?

Your employer will not have access to your physical activity data. Each quarter the vendor, Fitdigits, will provide a list of participants that indicates whether each participant met or did not meet the monthly requirement in a “yes/no” format. This information is required for payment. Your employer will not see your private health information; this would violate the Health Insurance Portability and Accountability Act (HIPAA), a Federal law.

Who should I contact if I still have questions?

- Payment trouble: questions@becolorado.org
- Technical trouble: support@fitdigits.com