

Exercise Across Abbott 2022

Frequently Asked Questions

Challenge Overview

What is Exercise Across Abbott?

Exercise Across Abbott is our worldwide fitness challenge that takes place May 15 – June 12, 2022. Abbott employees unite as teams to compete for prizes, represent their countries and have fun.

How does it work?

Earn points for every minute of physical activity tracked during the challenge. Different activities are worth different point values. The more demanding the activity, the more points you earn! Work as a team to increase your average points every week, based on the activities you do and the number of minutes for which you do them. You can even win prizes?

What is Sprout?

Sprout at Work (Sprout) is our challenge partner for Exercise Across Abbott this year. That means many new features and opportunities to engage in your well-being. A Sprout account is required in order to participate in the challenge.

Who's eligible to participate?

All employees are eligible to participate except for contingent workers.

I just joined Abbott. Am I eligible to participate?

Yes. New hires are encouraged to participate but will need to wait about two weeks from their hire date before creating an account.

Do I need a Sprout account to be on a team?

Yes. Anyone who wants to participate in the challenge must first create a Sprout account starting April 18. To do so:

1. Visit **ExerciseAcrossAbbott.com** and click the “SPROUT LOG IN” button at the top
2. Click “Register” and complete registration steps, making sure to use an email address you have access to and your Abbott UPI, which is your Employee ID.
3. Click the verification link sent to your email address. If you do not receive an email, contact Sprout Support.

Note: You can also create an account using the Sprout at Work mobile app (available in the Apple App Store, Google Play and Huawei), but you will need to enter the program name “Abbott” and the registration steps will differ from what's shown above.

Do I need to use my work email address to create a Sprout account?

No. You can use any email address you have access to. As part of the account creation process, you'll receive a confirmation email so make sure you can access the email address you use (personal or work).

Can anyone join a team?

Yes, any employee can join a team. However, teams are limited to 10 people total, so you can't join a team that's already full. Team captains can send invites to employees with a Sprout account to join their team as well. Team captains are responsible to distribute prizes, even if your team is made up of people from different countries.

Can we still earn prizes?

Yes! There are two opportunities to earn prizes:

- Teams that increase their average points per team member each week will win sport socks
- Three teams with the highest average points from each country will receive t-shirts

Winners will be announced after the challenge ends in June. Team captains distribute prizes.

Team Captains

Is there anything new I should be aware of if I was a team captain last year?

Yes. Three important changes you should be aware of are:

1. You need a Sprout account before you can create or join a team. This means you can't invite people to join your team until they have a Sprout account.
2. Teams are limited to 10 people total, so once a team is full, no new members can join.
3. Teams are open, meaning anyone can join a team that isn't already full. This is a great way to meet new Abbott employees and welcome those you haven't teamed up with before. However, you can remove people from your team if desired.

TIP: If you want to ensure certain people join your team, wait to create the team until everyone has a Sprout account. This way, you reduce the chance of your team filling up before everyone can join.

When can I create a team?

Team formation begins May 1 and runs until May 14. The challenge kicks off May 15.

How many people can join my team?

Teams are limited to 10 people total this year.

Can I still pick who I want on my team?

Yes. However, teams are open this year so anyone can join your team until it is full (max of 10).

Am I able to remove team members from my team?

Yes. To remove team members, open your Sprout account and then open the Exercise Across Abbott challenge. From the Manage Team section, you can select and remove any current members.

How do I create a team?

1. Visit ExerciseAcrossAbbott.com and click the “SPROUT LOG IN” button at the top
2. Enter your login credentials, then click the “Explore” tab
3. Click the Exercise Across Abbott team challenge, then click “Create a Team”
4. Add a photo and team name, then click “Invite others to my team” to build your squad

How do I invite people to join my team?

Only employees with a Sprout account can join a team. To invite potential team members:

1. Open your Sprout account
2. Open the Exercise Across Abbott challenge
3. Under Manage Team, search for people by name to invite them to join (verify their department/location to ensure you invite the desired people)

How do I update the team name and/or photo?

A team captain can update your team name, and add a team photo by following these steps:

1. Navigate to the challenge and select the ‘My team’ tab.
2. Tap on the ‘Manage’ button
3. Click “Add a photo” to give your team a team photo or update your team name by changing the text in your Team Name box.

Am I still responsible for distributing any prizes my team wins?

Yes. If your team wins a prize, they will be shipped to you, and it will be your responsibility to distribute the prize to each team member.

Who should I contact with questions?

Contact the Sprout Support Team:

- Email: support@sproutatwork.com
- Phone: 1-866-535-5027, option 1 (available 9 a.m. – 5 p.m. EST, Monday – Friday)

Sprout

What are some of the key features in Sprout?

With your Sprout account, you have access to the following (available until June 30, 2022):

- Website and mobile app experiences
- Multiple language options: English, French, Spanish, Simplified Chinese, German, Portuguese, Vietnamese and Thai
- Ability to set personal goals based on three well-being areas: move, eat and feel
- Personal dashboard to track your activities and earn “Gold,” “Silver,” and “Bronze” levels and badges based on your activity
- Lifestyle activity tracking beyond exercise, such as diet and mindset
- Track your exact activities during the competition
- Mini challenges you can create or join for extra competition
- Photo sharing in the new photo stream

- A library with articles and on-demand videos you can watch anytime. All videos are available in English with subtitles in additional languages. Video topics cover stretching, yoga, cardio, barre exercises, mindfulness, posture, positivity, upper body, abs and core, balance, back and more
- Community groups to connect with other employees over shared well-being interests
- Live events, such as Pilates, yoga and meditation, offered in May and June

Do I have to use the website if I prefer a mobile app?

No. You are welcome to use whichever experience you prefer. To download the app (available in the Apple App Store, Google Play and Huawei), search “Sprout at Work” in your device’s app store. If you create an account using the app (instead of the website), you’ll need to enter the program name “Abbott.”

Am I still able to link a tracker?

Yes. Fitness trackers are a great way to automatically record your activity minutes and earn points. There are a variety of eligible trackers you can link to your account. Simply open your Sprout account and find the watch icon on your screen to link your tracker. Having a fitness tracker is not required and you can still enter minutes manually if desired.

How do I reset my password?

If you forgot your password, it’s quick and easy to reset. Refer to the **Learn More** page on ExerciseAcrossAbbott.com for details.

How do I delete an activity if I make a mistake?

If you need to delete any mis-tracked activities, simply open Sprout and go to *Me > Stats > View all*. You can then click the trash can icon (web), or swipe left and hit remove (mobile) to delete the activity.

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