

Runners, Cyclists and Swimmers— Make HealthMiles Work for You



As much as we love the GoZone pedometer, it's not the most accurate device to measure a good hard run or a spin on the bike—and it definitely can't go in the pool! Some HealthMiles participants wear a Polar heart rate monitor (HRM) to receive added credit for workouts. In addition to the extra miles (earn 60 HealthMiles for 20 minutes of vigorous activity or 30 minutes of moderate activity), you can accurately measure your workout intensity. The HRM may help you reach your fitness goals or follow doctors' recommendations about keeping your heart rate at a certain level—ensuring you're working out at the pace that's right for you.

How Do I Earn HealthMiles for HRM Workouts?

First, verify that you have the appropriate computer capabilities before purchasing a HRM. You must upload data to your PC using the WebSync or WebLink software available for download on the Polar Web site, and your computer must be equipped with a microphone. **Macs are not compatible with the HRM.** Then, make sure you have a compatible Polar HRM—the F6, F11, F55, RS200sd, RS400sd, RS800sd, CS200cad, CS300, CS400 or the CS600 Power.

HRM's have a transmitter which should be worn on the chest and a watch you wear on the wrist (or a monitor to attach to the handlebars of your bike) while you exercise. The HRM sends your heart rate to the watch or monitor continuously via wireless transmission.

Register your HRM at www.polarpersonaltrainer.com—select Virgin HealthMiles as your data share partner (click on “**Polar Account/General Settings/Partners**”). You'll need your HealthMiles e-mail address or member ID and password to validate your membership. You've successfully registered when you receive an e-mail from HealthMiles confirming your registration as a Polar HRM user.

Wear your HRM whenever you work out! Upload your workout data to www.polarpersonaltrainer.com. After uploading your data, check your HealthMiles activity journal for an overview of your Polar workout (including duration, intensity and calories burned). Plus, you'll continue to accrue HealthMiles on your GoZone pedometer for all of the steps you take during the day.



What Is the Difference Between Moderate and Vigorous Activity?

For most people (except those on medications that slow the heart rate, such as beta-blockers), heart rate is an easy way to measure the intensity of physical activity. If you're working out at moderate intensity, your heart rate will be working at 50% to 70% of its maximum rate. Vigorous intensity activity is marked by a heart rate of at least 70% of your maximum.

What If I Have a Problem When Using My HRM for HealthMiles?

If you have difficulties with the HRM equipment, contact Polar at **1-800-227-1314** or www.polarusa.com. If you successfully upload your workout to www.polarpersonaltrainer.com but the workout does not show up in your HealthMiles account, contact Virgin HealthMiles customer service at **1-866-852-6898**.

Log in to HealthMiles and look under “**Activity/Activity Tracking Devices/Other Tracking Devices**” for more information about using a Polar HRM with the HealthMiles physical activity program or to purchase a HRM directly from your HealthMiles Web page.

Remember: A HRM is a qualified health care expense for your HealthFlex Flexible Spending Account (FSA). You also can use accumulated HealthCash to purchase a Polar HRM directly from the Virgin HealthMiles Web site.