

Exercise Across Abbott 2024

Frequently Asked Questions

What is Exercise Across Abbott?

Exercise Across Abbott is our worldwide fitness challenge that takes place May 1 to May 31, 2024. Abbott employees unite as teams to get active, represent their countries and have fun.

What is Sprout?

Sprout at Work (Sprout) is our challenge partner for Exercise Across Abbott. A Sprout account is required in order to participate in the challenge.

Who's eligible to participate?

All Abbott employees are eligible to participate except for interns and contingent, seasonal, and temporary 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 your 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 at Work account, even if they created one last year. To do so:

1. Visit **ExerciseAcrossAbbott.com** and click the **"CREATE ACCOUNT"** button.
2. Complete registration with an email you can access (personal or work) and create a new password. A password from last year will not work. Don't select *Forgot your password?* You will also need your Abbott UPI, which is your Employee ID.
3. Click the verification link sent to your email. If you do not receive an email, contact Sprout Support.
4. Once your account is verified, join the challenge!

Note: You can also create an account using the Sprout at Work mobile app (available in the Apple App Store, Google Play and Huawei in some countries), but you will need to select **"Sign Up"** and then enter the program name **"Abbott"** to register. **Already have the app?** Make sure it's the most up-to-date version.

Contact the Sprout Support Team at support@sproutatwork.com if you have questions on creating a Sprout account.

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 (personal or work). As part of the account creation process, you'll receive a confirmation email so make sure you can access the email address you use.

How do I change my preferred name in my Sprout account?

You can change or update your preferred name listed in your Sprout account by following these steps:

1. Open your Sprout account and select “More” (3 lines on the right-hand side of the screen on both the app and desktop)
2. Select “Settings”
3. Select “Account”
4. Enter your preferred name in the third box

Can anyone join a team?

Yes, any Abbott employee can join a team. Teams can be up to 20 people total. The individual who creates the team is the Captain. Captains can send invites to Abbott employees with a Sprout account to join their team as well, but you can’t join a team that’s already full. Captains are responsible to distribute T-shirts, even if your team is made up of people from different countries.

How does the competition 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! The top three teams in each country with the highest average points at the end of Exercise Across Abbott will be recognized as a Challenge Champion! Final winners will be announced in June.

There are no prizes, but all teams formed by April 30 who actively earn points in the challenge qualify for Exercise Across Abbott T-shirts! All teammates will need to share their preferred [T-shirt size](#) with their Team Captain.

Team Captains

Is there anything I should be aware of if I was a Captain last year?

Yes, here are six important reminders you should be aware of:

1. All participants need to create a new Sprout account before they can create or join a team – even if they created one for last year’s challenge. The captain is the individual who creates the team. You can’t invite people to join your team until they have a Sprout account. **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.
2. Teams are limited to 20 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.
4. Team members who track minutes of exercise dishonestly or report false activities will be removed from the Challenge. Captains will be made aware of any teammates Sprout at Work identifies with suspicious tracking.
5. You’ll be responsible for collecting the T-shirt sizes each teammate wants, placing the order by the deadline, and distributing them to each person. Ordering instructions

will be emailed to Captains in April.

6. If you are a team captain from one of the countries listed below, you will **not** receive a FedEx tracking number – T-shirts will be sent in bulk to a primary contact in your country. Watch for an email with specific details on your country’s primary contact for the bulk parcel. The primary contact will notify you directly when T-shirts have arrived.

- Argentina
- Bolivia
- Brazil
- China
- Colombia
- Costa Rica
- Ecuador
- El Salvador
- India
- Ireland
- Japan
- Malaysia
- Pakistan
- Russian Federation
- South Korea
- Taiwan
- Thailand
- Turkey
- Ukraine
- Vietnam

When can I create a team?

You can create a team as soon as you register for a Sprout account. Registration (and team formation) begins April 8 and runs until April 30. The challenge kicks off May 1.

How many people can join my team?

Team limits are 20 people total.

Can I still pick who I want on my team?

Yes. However, teams are open so anyone can join your team until it is full (max of 20).

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 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 T-shirts?

Yes. When you order team shirts, they will be shipped to you, and it will be your responsibility to distribute them to each team member. Please consider this while creating your team.

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. ET, Monday – Friday)

Sprout at Work

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 in some countries), search “Sprout at Work” in your device’s app store. If you create an account using the app, you’ll need to select “**Sign Up**” first and then enter the program name “**Abbott.**” Already have the app? Make sure it’s the most up-to-date version.

Am I still able to link a tracker?

Yes, you can link one tracker. 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 delete an activity if I make a mistake?

If you need to delete mis-tracked activities, 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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