

# SONIC BOOM STRIDING

Registration Instructions  
for New Participants





# WHAT YOU'LL NEED

## PART ONE

- Boomerang Device
- Charger
- Your Smartphone and an Internet Connection

## PART TWO

- Access to a Computer
- Sonic Boom Portal Login Credentials
  - Please contact your HR Representative if you lost or forgot your login credentials
- Striiv App Login Credentials
  - These are created in part one

# PART ONE

## Setting up your Striiv account



### 1 Download the Striiv app from the app store (it's free!)

- Search for “Striiv” or “Striiv Activity Tracker” to find the app

- The icon looks like this:



### 2 Create a new Striiv account

- Upon opening the app, click “Sign Up for New Users”
- Create a username and password
- Remember your login! You’ll need these credentials in part two of this setup guide

# PART ONE

## Setting up your Striiv account



**3** **Pair your Boomerang tracker to the Striiv App** (the app should auto-prompt you to complete the following steps)

- Make sure your phone's Bluetooth is turned ON
- Plug your Boomerang into a power source (like you're charging it)
- Open the Striiv app and tap the 3-bar icon in the top-left corner to access the Menu
- Select "Tracker Settings" from the Menu list
- Follow the screen-by-screen instructions of the "pairing wizard" and OTA firmware update
- **If the firmware update fails, please try again!**

# PART TWO

## Linking your Striiv account to Sonic Boom



**1 Log into your Sonic Boom portal from a computer**

- Go to [www.sonicboomwellness.com](http://www.sonicboomwellness.com)
- Use the credentials given to you by HR

**2 Click the dropdown menu next to your profile picture (or the icon with your initials if you don't have a picture)**

**3 Select the "Manage Devices" tab, then click "Let's Get Started!"**

- If you have already registered a device, you can click "Register a New Device"

# PART TWO

## Linking your Striiv account to Sonic Boom



### 4 Choose the STRIIV tile

- Do not choose “Boomerang”



### 5 Log in to your Striiv account

- Use the credentials you created in part one of this setup guide

### 6 Click **ALLOW\*** when prompted

- This enables the data you offload to your Striiv app to automatically appear in your Sonic Boom account



# YOU'RE ALL SET!

Charge it

Monitor your progress

Have fun!



Wear your Boomerang every day



Sync your data at least one time per day





# PROGRAM OVERVIEW

- ✓ Wellness program to promote daily exercise
- ✓ Based on a daily goal
- ✓ Cash reward for achieving quarterly goal
- ✓ \$15 copayment to participate

| Daily Goal  |                     |
|-------------|---------------------|
| 7,500 steps | 60 activity minutes |

  

| Days Achieved in the Quarter | Reward                          |
|------------------------------|---------------------------------|
| 60+                          | \$150                           |
| 55 to 59                     | \$125                           |
| 50 to 54                     | \$100                           |
| 1-49                         | Entry to \$100 Target Gift Card |





# ALLIANCE HEALTH & WELLNESS

**Sonic Boom Striding**

**Health & Wellness  
Reimbursements**

**Fitness**

**Annual Health Fair**

**Weight Watchers – new!**

**And more!**

**Health Education**

**Annual Flu Shots**

**Fresh Fruit**