

More Ways to Earn Vitality Points in 2020!

Health & Wellness

We're giving you more ways to earn Vitality Points in 2020!* You can now earn points by enrolling and participating in Wellness solutions, such as Livongo, Naturally Slim, Omada, Virta and VSP. Here are some quick facts about the new program integrations with Vitality starting 1/1/2020*.



What activities can I earn points for?	<ul style="list-style-type: none"> Enrollment 250 pts. Engagement: Drive to 5 – Complete 5 blood glucose checks within one week 25pts. 	<ul style="list-style-type: none"> Complete weekly lesson 5pts. 4 lesson completion bonus 50pts. Complete Foundation curriculum 100pts. Complete NS4U 250pts. 	<ul style="list-style-type: none"> Omada enrollment 5pts. Weekly engagement 25pts. Sustainment bonus 50pts. 	<ul style="list-style-type: none"> Application 100pts. Enrollment (after application is accepted) 250pts. 	<ul style="list-style-type: none"> Complete an eye exam using your VSP benefit 200pts.
Is this automatic or do I have to submit proof?	Automatic!	Automatic!	Automatic!	Automatic!	<ul style="list-style-type: none"> Automatic if through VSP benefit Submit proof if you complete an eye exam outside of VSP
When can I expect my points?	Within 30 days of the previous month's end	At the end of each Naturally Slim phase	Within 90 days	Within 30 days of previous month's end	Within 30 days of the previous month's end

*All points will be awarded for participation after 1/1/2020; no retroactive points will be awarded.

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Financial Wellness

We're giving you more ways to earn Vitality Points in 2020!* You can now earn points by enrolling and participating in Financial Wellness activities. Here are some quick facts about the new program integrations with Vitality starting 1/1/2020*.

	Meet with Financial Educator	Attend Live Presentation	Run a Retirement Projection	Attend Webinar	Attend Retirement Workshop	Confirm Beneficiaries
What activities can I earn points for?	Meeting with a financial educator or planner 50pts.	Attending a Financial Education presentation or workshop presented by a CPS Financial Educator 100pts.	Access your portal and run a retirement model on Retirement Connection or access Vision and take action to be on track for retirement 50pts.	Attending a financial wellness webinar presented by a CPS Financial Educator 50pts.	Attending a full-day or evening retirement workshop presented by a CPS Financial Educator 100pts.	Review your CRSP beneficiaries on NetBenefits and/or review your CDSP/AD&D/Supplemental Life beneficiaries on the your portal 100pts.
Is this automatic or do I have to submit proof?	Submit a photo or scanned copy of the business card of the financial planner, the email with the signature of the CPS educator or a completed Financial Wellness Activity Slip.	Scan or submit a photo of the presentation description from the conference booklet, calendar invite, a completed Financial Wellness Activity Slip or the email confirmation of your registration to a workshop.	Submit a photo or screen shot of your retirement model graph with Retirement Connection or your "on track" projection with Vision	Submit a photo or scanned copy of your confirmation email or a screenshot of the webinar's presenter.	Submit a photo or scanned copy of your workshop email confirmation, sign-in sheet or agenda, or a completed Financial Wellness Activity Slip.	Submit a photo or scanned copy of the following: <ul style="list-style-type: none"> • Fidelity Beneficiaries screen • Portal Beneficiaries screen • your Beneficiary Allocations page
When can I expect my points?	Points can be expected 7-14 days after uploaded to a member's Vitality account.	Points can be expected 7-14 days after uploaded to a member's Vitality account.	Points can be expected 7-14 days after uploaded to a member's Vitality account.	Points can be expected 7-14 days after uploaded to a member's Vitality account.	Points can be expected 7-14 days after uploaded to a member's Vitality account.	Points can be expected 7-14 days after uploaded to a member's Vitality account.

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