



# Get Healthy While Earning Cash Rewards with **Vitality™**

Join Vitality and choose lots of easy ways to live a healthier life, all while earning points for the choices you make and redeeming those points for cash rewards. You may already be doing things that can earn you Vitality Points, and it only takes one activity to get started!

Here's how to get going with Vitality.

## 1. Get Registered.

- Go to **PowerofVitality.com** and click "First time logging in? Register now."
- Register.
- Vitality will validate your data and ask you to create a username and password.
- Accept the Terms & Conditions and select a security question and answer.

## 2. Take the Vitality Health Review.

This 10-minute questionnaire asks about your current lifestyle so Vitality knows where you're starting from in your wellness journey and provides a Vitality age.

- If the VHR doesn't appear when you log in, you can access it by hovering over "Health Profile" and clicking "Vitality Health Review."
- Complete your VHR to earn **500 points**.
- Complete your VHR in the first 90 days (for newly hired employees) or by March 31 (for existing employees) and you'll get **250 bonus points**.

## 3. Give yourself a Vitality Check.

The Vitality Check is a comprehensive blood screening that helps you know your biometric numbers. You get points for each of the numbers you provide in your VC:

- BMI (**earn up to 1,125 points**).
- LDL/triglycerides/cholesterol (**earn up to 725 points**).
- Blood pressure (**earn up to 725 points**).
- Fasting glucose (**earn up to 725 points**).

Go to "Health Profile and click on "Vitality Check."

After completing your VHR and VC, you'll likely have earned enough points to be at Silver Status! The points you earn determine your Vitality Status.

Bronze	Silver	Gold	Platinum
0 - 2,499 points	2,500 - 5,999 points	6,000 - 9,999 points	10,000+ points

Do you do preventive exams – dental, vision, flu shot, mammogram, etc.? You get points if you submit proof of you exams. Do your kids participate in sports? You get points if you submit their team schedules. Have a fitness step tracker, like a Fitbit? Simple steps can earn you Vitality Points.

You also can earn points by enrolling and participating in wellness solutions, such as Livongo, Naturally Slim, Omada, Virta and VSP, as well as participating in financial wellness activities.

 <p><b>Online Education</b> 2,100 points available</p>	 <p><b>Physical activity</b> 6,775 points available</p>	 <p><b>Goals</b> 1,550 points available</p>
 <p><b>Healthy Foods</b> 600 points available</p>	 <p><b>Certifications</b> 250 points available</p>	 <p><b>Financial Wellness</b> 900 points available</p>
 <p><b>Coaching and Lifestyle Guidance</b> 4,000 points available</p>	 <p><b>Spiritual Well-being</b> 2,020 points available</p>	 <p><b>Health Management</b> 1,200 points available</p>
 <p><b>Prevention</b> Points vary</p>	 <p><b>Other Activities</b> Points vary</p>	 <p><b>Weight Management</b> Points vary</p>

You get the picture – everything you do with Vitality is your choice and most everything you do goes toward earning you cash rewards.

Register at [PowerofVitality.com](http://PowerofVitality.com) today!