



# Are you missing out on these simple ways to **earn big Vitality Points**?

Submit proof online or on the Power of Vitality app.\*



## Prevention

- Annual Exams
- Health Screenings



## Activity

- Step Goals
- Athletic Events



## Financial

- One-on-One Education
- Group Education



## Spiritual & Social

- Bible Study
- Counselor Visit



## Certifications

- First Aid & CPR
- Mental Health First Aid



## Learning

- Interactive Tools
- Health FYI Webcasts



## Games & Goals

- Vitality Squares
- Goals Check-In

For more ways to earn Vitality Points, be sure to check out the Vitality website at [PowerofVitality.com](https://PowerofVitality.com).



\*Need help? Contact the Vitality Customer Care Line at 877-224-7117.