



Vitality Mental Well-being Review Challenge

Q: What is the Mental Well-being Review?

A: The Mental Well-being Review is a series of three, 5-minute, questionnaires (1.) *What is My Psychological Well-being?* 2.) *Identify my Stressors* 3.) *Identify my Social Support Network*) that help you assess and manage your emotional health and mental well-being. Based on your responses, you'll receive recommendations to help you understand and improve your overall mental well-being, including your stress.

Q: How can I join the Challenge?

A: Login to your Vitality account at www.powerofvitality.com. Join the Challenge under the Community tab, accept the rules of the road and complete the Mental Well-being Reviews before May 31, 2021. Points will be awarded after June 2, 2021.

Q: I don't have the Community Tab on my Vitality account. Can I still join?

A: All Vitality members should have access to the Community tab at the top of the Vitality home page. The Community tab is not an option through the Vitality Today App. However, you can access www.powerofvitality.com on a smartphone or tablet. If you cannot locate the Community tab, please contact Vitality Customer Support at wellness@powerofvitality.com or 877--224-7117 for further assistance.

Q: I already completed the Mental Well-being Reviews earlier in the year, before the Challenge started. Do I have to complete the reviews again?

A: No, however, you will still need to join the Challenge to get the bonus Challenge points awarded after June 2, 2021.

Q: How do I join or create a team for this Challenge?

A: This is an individual Challenge (no teams) but you can still encourage others in the LCMS community by communicating and posting through the Discussion tab.

Q: How many Vitality points will I get for joining the Challenge?

A: Complete all three Mental Well-being Reviews prior to May 31, 2021 and receive a total of 325 Vitality points.

2021 Synod-wide Mental Well-being Challenge (May 1-31)	
What is My Psychological Well-being?	75 points
Identify my Stressors	75 points
Identify my Social Support Network	75 points
Challenge bonus*	+100 points
TOTAL for completing all reviews before 5/31/2021	325 points