



# HEALTH DIY + HEALTH FYI

## LEARN WHAT'S GOOD FOR YOU

Vitality's Health DIYs and FYIs make it easy for you to participate in year-round learning on complete health and well-being. Participate through the Vitality website or Vitality Today™ mobile app and receive interactive, inspiring and expert information.

### INTERACT WITH HEALTH DIY

Opt in to campaigns with weekly messages on a variety of topics posted on the Newsfeed and in the Message Center. Get exclusive access to educational tips, go-to guides, surveys, puzzles and a chance to earn entries into the prize drawing for the Health DIY Brag Bag valued at up to \$500.

### LISTEN AND LEARN WITH HEALTH FYI

Register for the monthly webcasts on the third Thursday of each month with in-depth information, discussion and expert guests. Earn 50 Vitality Points® when you attend a live webinar at 2 p.m. CT or watch an archived webcast you missed. You can also enter to win in the monthly #healthfyi contest on Twitter, Instagram or Facebook (@powerofvitality).

## 2022 QUARTERLY CAMPAIGNS AND MONTHLY WEBCASTS



### JANUARY - MARCH: PREVENTION

**HEALTH DIY:** Polish your prevention intentions  
JAN 31 - MAR 4

#### HEALTH FYI

- JAN 20 - The power to protect
- FEB 17 - Positively proactive with prevention
- MAR 17 - Sunny days, healthy ways



### APRIL - JUNE: MENTAL WELL-BEING

**HEALTH DIY:** Create a routine for your mental well-being  
MAY 2 - JUN 3

#### HEALTH FYI

- APR 21 - Get financially fit
- MAY 19 - Rethink your routine
- JUN 16 - The power of resiliency



### JULY - SEPTEMBER: PHYSICAL ACTIVITY

**HEALTH DIY:** Fitting fitness into your routine  
AUG 8 - SEP 9

#### HEALTH FYI

- JUL 21 - Seize your summer
- AUG 18 - Making fitness fun
- SEP 15 - Succeeding through sharing



### OCTOBER - DECEMBER: NUTRITION

**HEALTH DIY:** What's on your plate  
NOV 14 - DEC 16

#### HEALTH FYI

- OCT 22 - Maintain don't gain
- NOV 17 - Healthy swaps for your favorite recipes
- DEC 15 - New year, new goals