

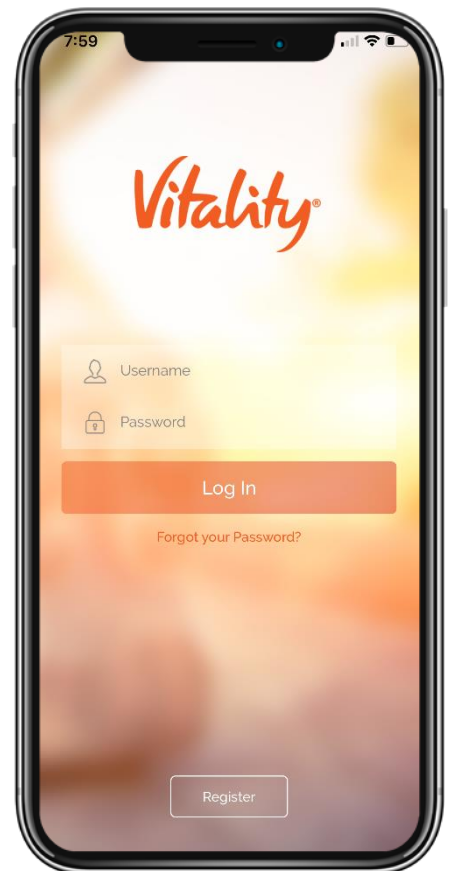


How to Download the Vitality Today mobile app

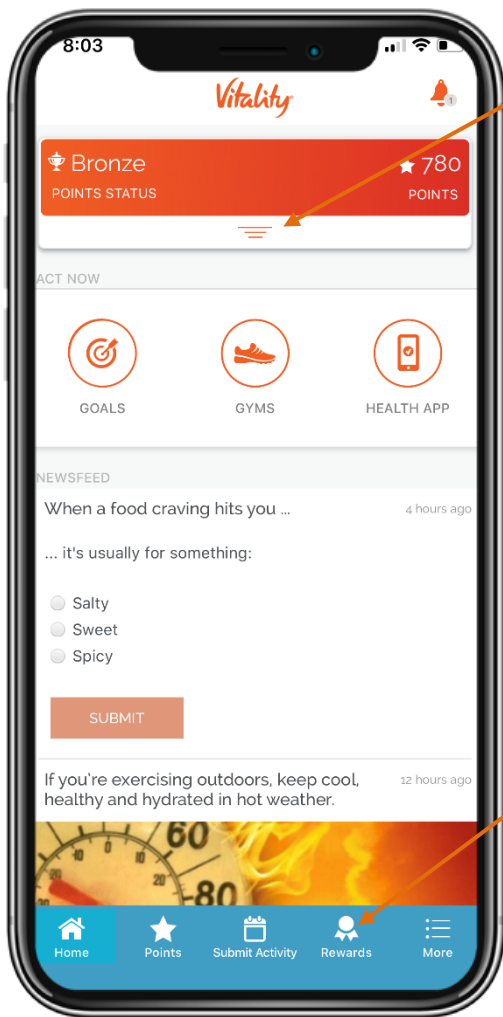
1. Visit the App Store on your iPhone.
2. Download the free Vitality Today app to your phone.

How to log into your Vitality Today mobile app

3. If you have already signed into Vitality using USC single sign-on, note that to access via mobile you will still need to register and “create” an account – but once created, both your accounts will sync together.
4. Here’s how to register on your phone:
 - Click “Register” at the bottom of the screen
 - Enter your first name, last name, date of birth, and email address (email address is optional).
 - Select “NEXT: CONFIRM YOUR IDENTITY”
 - Enter your full 7-digit Employee ID.
 - Select “NEXT: VALIDATE YOUR DETAILS”
 - Enter your preferred Username and Password. Confirm your password
 - Select “NEXT: SECURE YOUR ACCOUNT”
 - Select your Security Question responses
 - Accept Terms & Conditions and the Privacy Policy
 - Select “JOIN VITALITY”



Navigating the Vitality Today mobile app



5. **STATUS BAR:** Extend the drop down tab below your status to access information regarding your Employer Incentive Plan.
6. **ACT NOW:** Set and check into goals, Check into gyms to log gym workouts, and connect your Health App.
7. **NEWSFEED:** Check your newsfeed for articles, interactive surveys, and exciting or important information from your employer.
8. **BOTTOM NAVIGATION ICONS**
 - **HOME:** Access your home page at any time.
 - **POINTS:** See the most recent Activities you have completed and the Vitality Points you have earned
 - **SUBMIT ACTIVITY:** Submit documentation of activities completed within the Vitality program to earn Points
 - **REWARDS:** View information relevant to your employers incentives
 - **MORE:** Access features available in the ACT NOW section, access app and profile settings, and complete your Vitality Health Review via the mobile responsive version of the website in your phone’s web browser.

Can't find what you're looking for?

Access the Vitality website at www.powerofvitality.com on your mobile browser

Vitality Customer Service Information:

Call 1-877-224-7117 or email wellness@powerofvitality.com with questions regarding registration, activities/points or any general program questions.