CREATE YOUR PERSONAL PATHWAY TO BETTER HEALTH

A View of Vitality
AGENDA

1. Introduction to Vitality
2. Privacy & registration
3. Employer incentive requirements
4. Vitality Health Review and Vitality Check
5. Program rewards
6. Vitality tips
Be the healthiest you can be for yourself, your friends, your family

“Vitality has motivated me to be more active and more conscious of my nutrition; I love watching my Vitality Points add up”

- Holly T., Vitality member

Vitality has more than 10 million members in 22 countries
With Vitality, you create your Personal Pathway to better health with all kinds of healthy activities to inspire you.
Privacy and registration
Vitality takes your personal privacy seriously

We are committed to maintaining the highest level of confidentiality with all of the information we receive from our members.
Hi, Michelle

Bronze
VITALITY STATUS

0
VITALITY POINTS

ACT NOW
EMPLOYER INCENTIVE

More blueberries and points please.
Earn points for the heart-healthy, nutritious foods you buy.

LEARN MORE

Tap out and sleep well.
Focus on getting yourself a good night’s rest and join a 30-day Sleep Well Cycle

Let’s get physical!
The Physical Activity Review assesses your current physical activity levels. Complete the review and earn 250 points

Gym rebate. That’s great.
You can apply for the rebate when you meet the workout requirements.

Interact with Vitality online at PowerofVitality.com
Or on the go with the Vitality Today mobile app
employees.usc.edu/wellness-benefit/

Your other Vitality benefits

The Vitality site offers innumerable resources to empower you for healthier living, including the opportunity to craft personal health goals and work toward them with a motivational “points” system, where you earn points for healthy choices. You can link your fitness device to your Vitality account, to help track your progress. You also earn points for healthy eating, checking in at the gym, or reading one of the thousands of articles on the site covering nutrition, fitness, and many other wellness topics. Please note you do not have to earn points to obtain your $40/month premium deduction — you just have to complete the Vitality Health Review and Vitality Check described above for that. But you might find it fun to earn points toward your goals!

Act now!
To get your assessment started — and to access all the other wellness offerings — register now using your USC NetID:

Vitality wellness site – USC single sign-on
Employer Incentive Requirements
EMPLOYER INCENTIVE PLAN
Participate in your employer’s incentive plan and receive a reward!

INCENTIVE OVERVIEW
Healthy Choices incentives are designed to encourage you to take an active role in your health care, help USC provide additional health benefits that best support our employees, and help you save money.

- **COMPLETE 20 MINUTE ONLINE QUESTIONNAIRE**
- **FINISH 90 MINUTE IN-PERSON EXAM**

Earn up to **$480 ($40 per month) reduction in your medical plan costs** by completing your 20-minute Vitality Health Review and Vitality Check health screening by August 31, 2021. To begin receiving the incentive credit in January 2021, both steps need to be completed by December 31, 2020. While you are logged into your account, you can find both items under the Health Profile header. You may click on the link(s) below to begin now!
EMPLOYER INCENTIVE PLAN
Participate in your employer's incentive plan and receive a reward!

Get reimbursed up to $220 for staying active! This could include anything that boosts your fitness – gym memberships, exercise class subscriptions, fitness and nutrition counseling, sports league or team fees, or even fitness devices.

Here is how it works. You pay fitness expenses as you would normally, save the receipts, and then file a claim at www.wageworks.com (if you have a flexible spending account, this is the same login).

Fitness reimbursement submission will be available starting January 1, 2021, and the expense cannot have been incurred before that. You will be reimbursed through automatic payroll payments. Your reimbursement must be approved by Wageworks, and you must be employed at USC from the time you incur the expense until USC processes the credit in payroll. Please note that these reimbursements are considered taxable income.
Vitality Health Review and Vitality Check
Welcome to Vitality!
We encourage you to take the VHR each program year. Your responses help us evaluate your current health status and present you with a health summary and suggestions of possible lifestyle changes to guide you on your Personal Pathway to your healthiest life.

The VHR takes approximately 10 minutes to complete. We ask you questions about your lifestyle, behaviors and your clinical measures for blood glucose (sugar), blood pressure, cholesterol, weight, etc. If you don’t know your clinical measures, it’s OK! Simply tell us that you don’t know. We will still present you with a summary.

Some information we request is quite personal. Please know that your personal privacy is a top priority at Vitality, and we maintain the highest confidentiality standards with members’ personal information. Keep in mind that the more honest you are with your answers, the more accurate our feedback will be.

After you complete the VHR, we will give you a detailed report comparing your values and inputs to medical. We’ll also provide your Vitality Age: a reflection of your overall health. Don’t worry if your Vitality Age is higher than your actual age. Your practice of healthy behaviors and engagement in Vitality can help lower your Vitality Age and health risks.

Complete the VHR, and continue to discover all the rewards Vitality offers you.

In good health,
The Vitality Team

Privacy is a top priority at Vitality, and we are committed to maintain the highest level of confidentiality with all of the information we receive from our members.
What’s your **TRUE** age?
Vitality Age
GUIDE TO VITALITY
Learn more about Vitality and its many elements and offerings. Select a topic in which you're interested from the index on the left below.

VITALITY CHECK
A Vitality Check is a biometric assessment that helps identify which areas of your health are strongest and which may need some work, as well as your risk for any potential health problems like diabetes or heart disease. It includes physical measurements and a blood draw to determine one's fasting blood glucose levels, blood pressure, total cholesterol and body mass index (BMI). Some - not all - Vitality Checks also include a cotinine test, which can allow you to earn additional points if you are a non-smoker.

Steps to earning Vitality Points
1. You are eligible to earn 125 Vitality Points for each of the four core biometric screenings (BMI, blood pressure, fasting glucose/HbA1c, and total or LDL cholesterol). In addition to the points you can earn for completing a Vitality Check, you can also be awarded for results that fall within a healthy range. You will earn 1,000 points for having a BMI that falls within a healthy range. You will earn 600 points each for submitting a blood pressure, fasting glucose/HbA1c, or total cholesterol/LDL result that falls within a healthy range.

2. To earn Vitality Points for a Vitality Check, you may submit one of these forms of supporting documentation:
   - A completed Vitality Check form, including the requested facility information and a doctor’s signature.
   - An official copy of your results from the physician or facility that administered your screening. Please note: This document must include the name and location of the facility where you had your screenings.

3. You can submit your Vitality Check results online, by email (wellness@powerofvitality.com) or by fax (877.224.7110). Please note: Submission via fax or email is not secure until it is received by Vitality. Due to the sensitive information contained in this form, Vitality highly recommends that you submit your form online.

4. If you are unable to achieve an in-range result, as defined by Vitality, for any biometric measure, you will have the option to earn the equivalent number of Vitality Points by completing the Reasonable Alternative Standard (RAS). Check the sections below to learn how to complete the RAS and earn in-range points for each of the Vitality Check attributes.
Link a fitness device

You currently have the following device accounts linked.
Please make sure that your device is linked to its appropriate account. Learn more.

MapMyFitness
Manage

Vitality Today
Manage

Apple Watch
Manage

Health app
Manage

Link another device

Earn Points
Learn how to earn points for workouts

Learn more about data we collect from devices.
Earn workout points with free apps

**Apple Health**
- Connect the Vitality Today mobile app to Apple’s Health app to share steps measured as well as active calories burned throughout the day.

**Google Fit**
- Connect Vitality Today to Google Fit and share your steps data measured by your Android phone or Android Wear watch.

**MapMyFitness**
- Track your calories burned and steps taken during workouts using GPS when exercising outdoors.
Health Resources

Exercise your mind. Health Resources has more than 8,000 topics
Whether you have one active goal or many, you can earn Vitality Points each week by checking in no later than 11:59 p.m. Central time on Sunday and indicating how you’re doing. Please note: You are eligible to receive up to 30 points per week for checking into your goals.

Learn more about setting goals.

**ACTIVE GOAL CHECK-IN**

**Maintain a healthy weight**

**ENDS ON SEP 10, 2019**

**GOAL CHECK IN**

**Maintain a healthy weight**

**TELL US HOW YOU ARE DOING**

- Doing good
- Could be doing better

**OPTIONAL NOTES**

What would you like to say?

You can achieve a healthy balance between sweet and satisfying.
Vitality Goals

As you work to achieve a goal, Vitality will be with you every step of the way. Upon setting a goal, a welcome message will appear in your Vitality website inbox followed by Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress.
# Points Statement

## Points Earned Per Month

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<td>Oct</td>
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<td>Nov</td>
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### Points Planner

13,092 Points Earned Per Month

11,320 Your Points

1,772 KICK START BONUS

### Activity View

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Award Date</th>
<th>Points Earned</th>
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<tr>
<td>Light Workout</td>
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<tr>
<td>Advanced Workout</td>
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<tr>
<td>Light Workout</td>
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</tr>
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</table>
Program Tips
VITALITY OVERVIEW

Vitality is an active, fully integrated global wellness program designed to engage, encourage and reward you on your personal pathway to better health.

You begin your Vitality journey at Bronze Vitality Status by taking the Vitality Health Review: an online questionnaire about your current health and lifestyle. Based on your answers, we calculate your Vitality Age and provide suggestions for you to maintain or improve your health. Although your own improved health is reward enough, Vitality will reward your hard work and dedication to living a healthy life.

LEARN MORE ABOUT THE VITALITY PROGRAM

- **Vitality Points**: Discover all of the ways to earn points.
- **Rewards**: Learn how Vitality rewards you for your activities. Check out all the great rewards you can get.
- **Linking to Vitality**: Learn how to connect to Vitality.
- **Vitality Age**: Understand the science behind the number.

HOW IT WORKS
Submitting an activity
If your blood glucose, blood pressure, BMI, total cholesterol or LDL measure is out of range, and you are unable to meet the reasonable alternative recommended for you, download this form and follow the instructions to submit it to Vitality.

If your doctor determines that you are medically unable to complete a biometric screening, this form may be applicable.

Click here to download form.
2:23  Sunday, April 28

VITALITY TODAY
NOW
Get a Vitality Check!
Don't forget to sign up for the Vitality Check next month.

Personalized communications

- Newsfeed
- Weekly Email
- Message Center
- Vitality Today notifications
Extra assistance

USC HR Service Center
213.821.8100
Hours: 8:00 a.m. – 6:00 p.m. (Pacific time)
Monday - Friday
email: uschr@usc.edu

Vitality Customer Care
877.224.7117
Fax: 877.224.7110
Hours: 6:00 a.m. – 3:00 p.m. (Pacific time)
Monday - Friday
email: wellness@powerofvitality.com
Or on the go with the Vitality Today mobile app
Thank you