

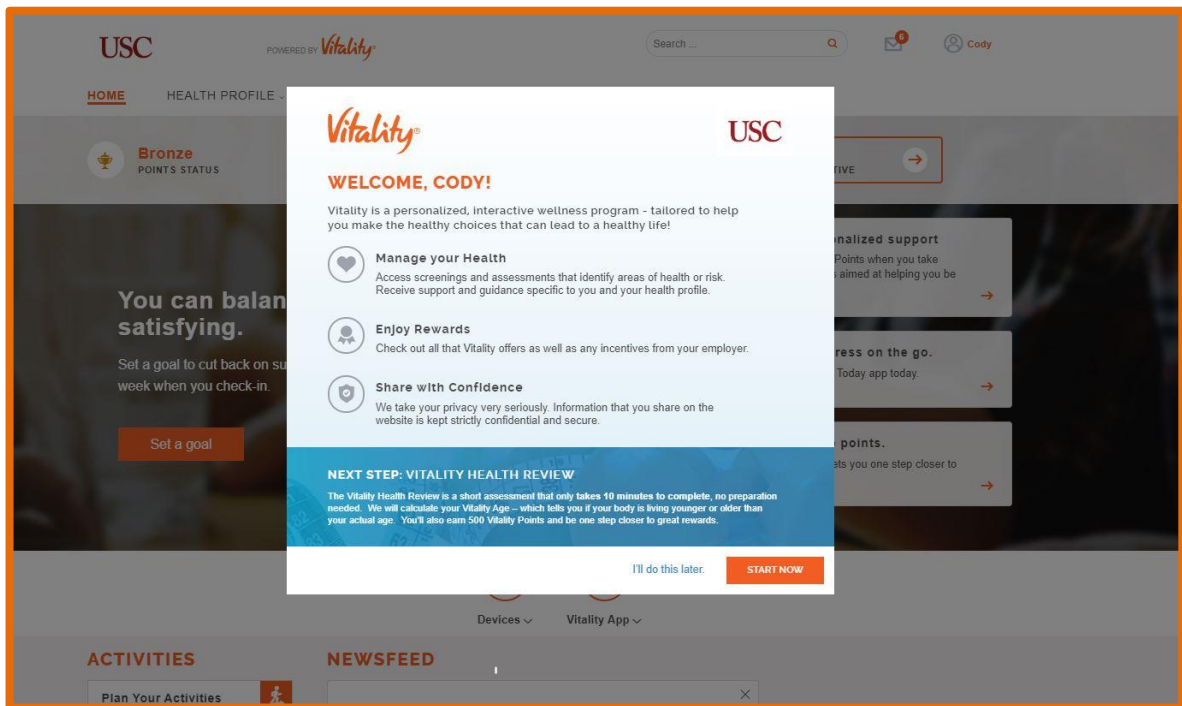
The Vitality Health Review (VHR) is a voluntary and confidential online questionnaire.

Completing the VHR only takes 10 – 15 minutes and is one of two steps required to earn your Health Plan premium discount. Your results are confidential, and Vitality uses them to suggest goals that can help you improve your health.

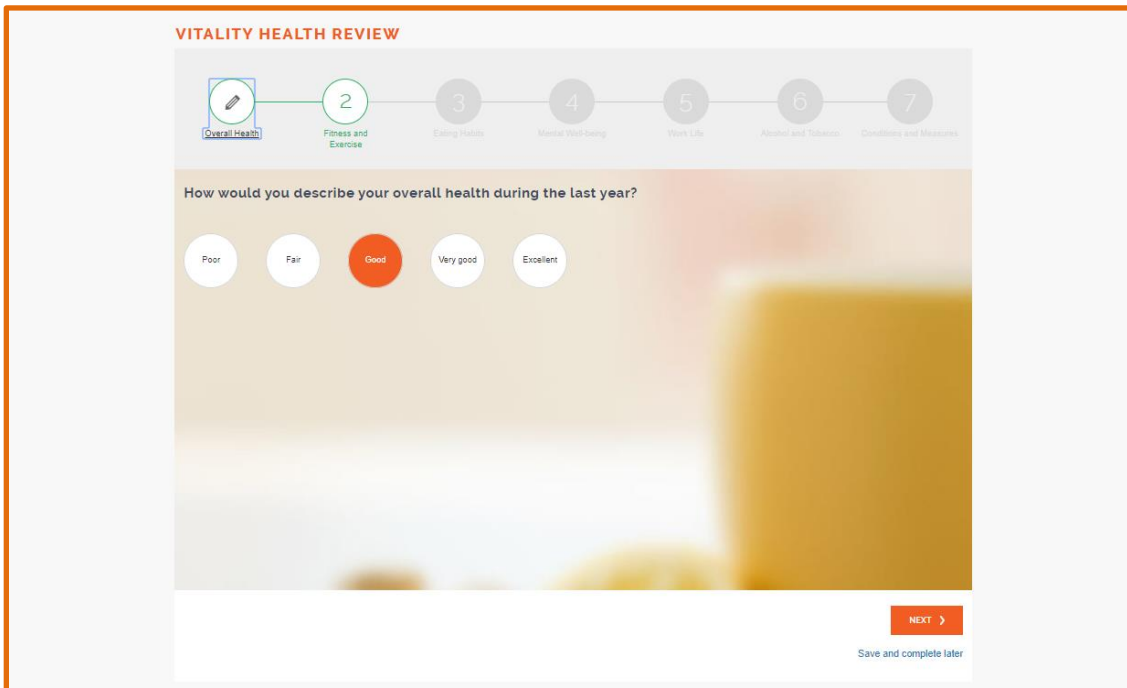


## Get started!

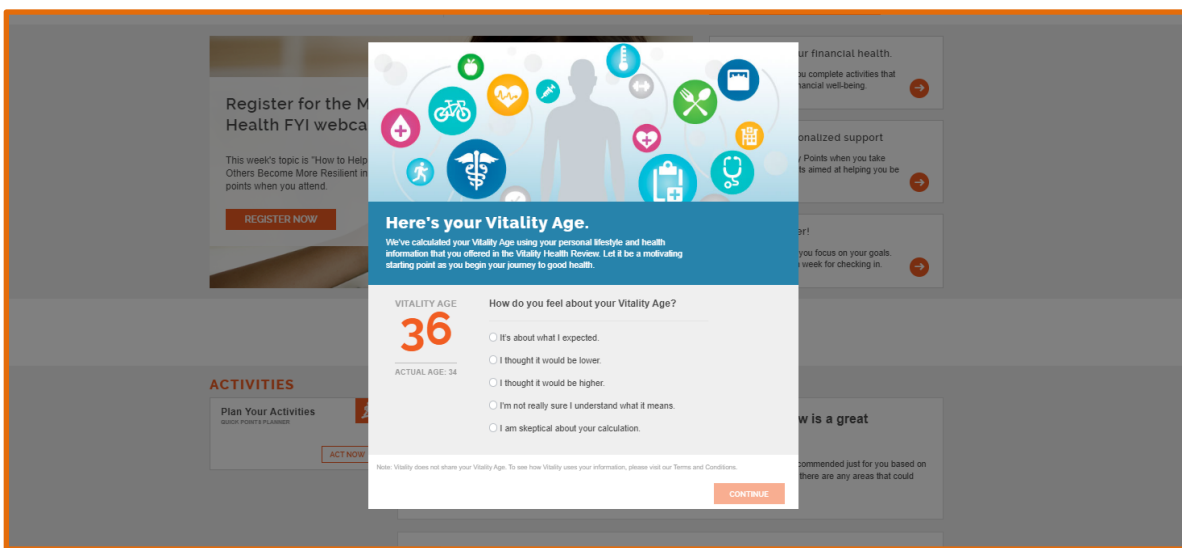
1. Visit <https://employees.usc.edu/wellness-benefit/> to access the Vitality site via USC NetID single sign-on (scroll down to **Vitality wellness site – USC single sign-on**).
2. Once logged in, click **START NOW** within the pop up box.



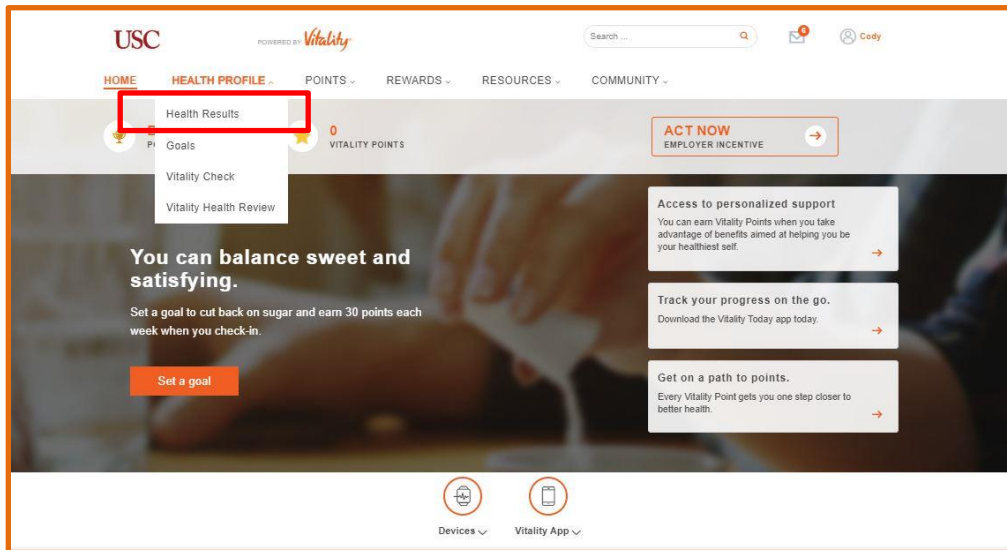
- You will now be able to begin the VHR. After completing each section, click **NEXT.** You may always pause and finish your VHR at a later time. Simply select 'Save and Complete Later'.



- After you complete the VHR, you will receive your Vitality Age - a reflection of your health based on your health risks and lifestyle. A Vitality Age equal to or lower than your actual age is a sign of good health.



5. Find your Vitality age by clicking on Health Profile → Health Results.



**Contact Vitality Customer Service:**

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