

Your wellness partner for 2023

The Vitality platform is designed to inspire healthy changes, and guide you to resources for better health. To participate follow the steps listed below and on our USC Wellness website at employees.usc.edu/wellness-benefit. Be on the lookout for wellness opportunities throughout the year.

2023 program period

Sunday, Jan. 1 through Friday, Dec. 15, 2023

2024 incentive deadline:

Friday, Dec. 15, 2023

To earn the \$40 per month incentive, you must complete the online Vitality Health Review (VHR) and doctor visit (Vitality Check form) by Dec. 15, 2023.



Know your health and save up to \$40 a month!



Step One: The quick, confidential VHR online questionnaire helps you and your doctor identify lifestyle and health habits you can address to improve or maintain your health. It will only take about 20 minutes to complete, and you can save your answers and log back in to finish later.



Step Two: Get your Vitality Check done with your doctor, which includes tests for body mass index, cholesterol, and blood sugar. While not absolutely necessary, accuracy of your blood sugar results is increased if you fast (water only) for 12 hours before your screening.



The Confidential Results: “Your health numbers” are sent to Vitality to populate your personal feedback report, which you can share with your doctor and use to help improve and maintain your health.

Please be aware that in order to earn the 2024 incentive, you must complete both the VHR questionnaire and Vitality Check by Friday, Dec. 15, 2023.

Powered by Vitality

For Vitality website support, contact Vitality Customer Service at 877-224-7117 or wellness@powerofvitality.com.



What's in my feedback report?

The feedback report combines your responses and results to return an overall “wellness score” and brief summary of what that means along with your responses, risk factors, and suggestions for ways to improve and maintain your health. The report also includes links to more information and resources, plus a printable lab report and doctor discussion guide.

Is my privacy protected?

Your privacy is protected—always. Combined results from all participating employees provide USC with “big picture” trends to create benefits to help all employees improve and maintain their health. **No one at USC who is not involved in your clinical care sees any of your individual results.** Your individual results will not affect your eligibility for health care coverage or the amount you pay for your coverage (other than the \$40/month credit for completing the two steps outlined).

