

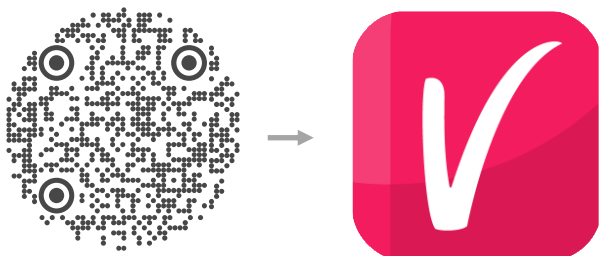


Get started with the **NEW** Power of Vitality program!

In 2024, your pathway to improved health and meaningful rewards through the Power of Vitality program is all about building healthy habits and staying consistent in your routine. Using new tools, resources and point-earning opportunities, you can achieve long-term, sustainable results for a healthier future.

Check-in on your goals for a motivational boost, submit the results from your recent biometric screening, participate in friendly competition through challenges, and much more, all through our new Power of Vitality app. However you choose to engage in your wellbeing, the Power of Vitality program has activities to help you care for your mind, body and more.

It only takes a few steps to get started, so get ready to find your focus and start on a journey to a healthier you today!



SCAN FOR THE POWER OF VITALITY MOBILE APP

Vitality[®]



GET READY TO FOCUS

Register your account if you haven't already, then personalize your experience by completing the onboarding assessment and the health assessment (formerly the Vitality Health Review).



GET READY TO FOCUS

You'll receive recommended focus areas based on your health assessment responses. Explore these to find point-earning opportunities that match your health goals.



GET READY TO FOCUS

Connect an activity tracker, establish goals and more to earn daily points and exciting rewards for sticking to your healthy habits.

A personalized approach to health and wellbeing is just a few steps away

1

SCAN the QR code on the previous page to download the brand-new Power of Vitality app, or open your phone's app store and search for the Power of Vitality app with our pink logo.

2

COMPLETE the onboarding and Vitality Health Review (VHR), to earn points and tailor your experience. Navigate to Activities > Assessments from your homepage to find all the assessments available to you.
phone's app store and search for the Power of Vitality app with our pink logo.

3

EXPLORE the focus areas recommended for you based on your responses to the health assessment. Navigate to focus areas on your homepage to get connected to activities that match your goals and health risks.

4

CONNECT a compatible fitness app or device to earn points for your steps and workouts. Navigate to Profile > Settings > Apps and devices to review your current connections or create new ones.

5

EARN points for a variety of health-related activities including additional assessments, prevention screenings, wellbeing activities and more. Navigate to the Activities section of your homepage to find more point-earning opportunities.

Program activities

WELLBEING Engage in online education and physical activity

ACTIVITY	PTS EARNED
Onboarding assessment	75 per lifetime
Vitality Health Review	500 per year
Vitality Health Review early completion bonus	250 per year
Physical activity assessment	75 per year
Mental wellbeing assessment	75 per year
Financial wellbeing assessment	75 per year
Muscle and joint health assessment	75 per year
Healthy eating assessment	75 per year
Caregiver assessment	75 per year

ASSESSMENTS Evaluate your current health status, risks and needs

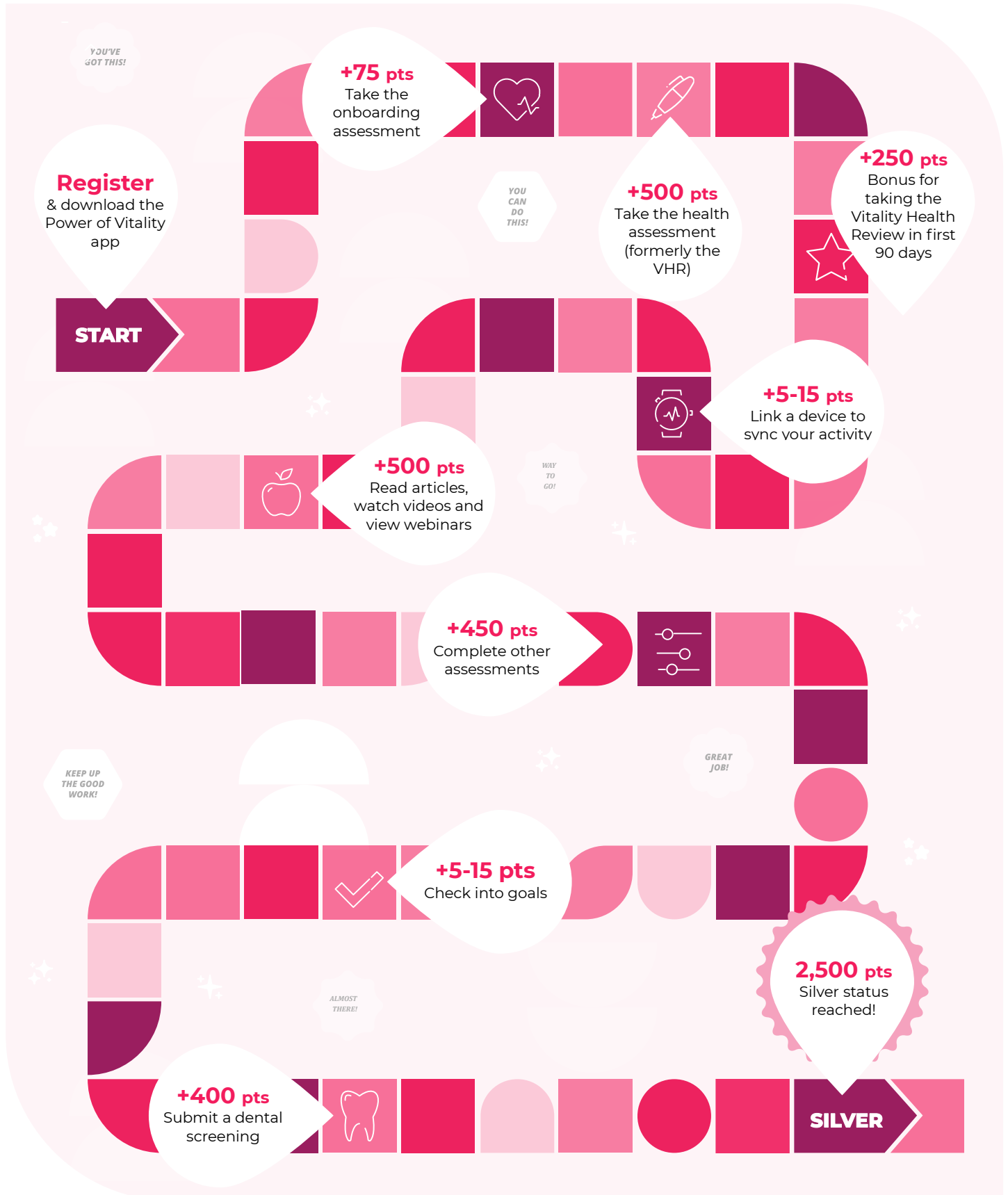
ACTIVITY	PTS EARNED
Articles	10 each
Goals	5 each, up to 15 per day
Videos	10 each
Jumpstart prompts	10 per month
Reflection prompts	10 per week
Health FYI webinars	50 each
Self-reported workout	5 per day
Light workout	5 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50 each
Category maximum: 10,000 points	
Max one workout per day.	
We will award only the highest-level workout.	

PREVENTION Reduce or freeze your health risk through prevention

ACTIVITY	PTS EARNED
Flu shot	200 per year
COVID vaccine	200 per lifetime
Tetanus vaccine	200 every 10 years
HPV vaccine	200 per lifetime
Shingles vaccine	200 per lifetime
Pneumonia vaccine	200 per lifetime
Dental cleaning	400 per year
Breast cancer screening	400 every 2 years
Cervical cancer screening	400 every 3 years
Colon cancer screening	400 every 5 years
Vision screening	400 per year
Height & weight measures	125 per year
Blood pressure measure	125 per year
Blood glucose measure	125 per year
Cholesterol outcome	600 per year
Glucose outcome	600 per year
Tobacco affidavit	725 per year

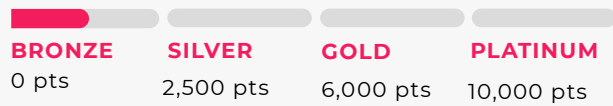
Your pathway to silver status

With Vitality, you're in control of your pathway to better health. The following is just one example of how you can achieve silver status.



Getting to silver status

Activity	Points
Take the onboarding assessment	75
Take the Vitality Health Review	500
Vitality Health Review bonus: First 90 days	250
Get connected to track your activity	5-15 per day
Read articles, watch videos and view webinars	500
Check into goals	5-15 per day
Complete other assessments	450
Complete your Vitality Check	Up to 4025
Submit a dental screening	400



Total points | 2,500+

Vitality is committed to helping you achieve your healthiest life and all members who participate in our program are eligible for rewards. If for any reason, you think you are unable to complete an activity, you can still earn points from a reasonable alternative standard or in other areas of the program.

NEED HELP?

If you are looking for more information on the Power of Vitality program, please contact Vitality Customer Care for additional support.



Wellness@powerofvitality.com



877.224.7117 | M-F | 8 a.m. - 5 p.m. CT

Scan to download the
Power of Vitality app
to start earning points today!

