



Vitality®

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 program offerings
5. Program rewards
6. Vitality tips



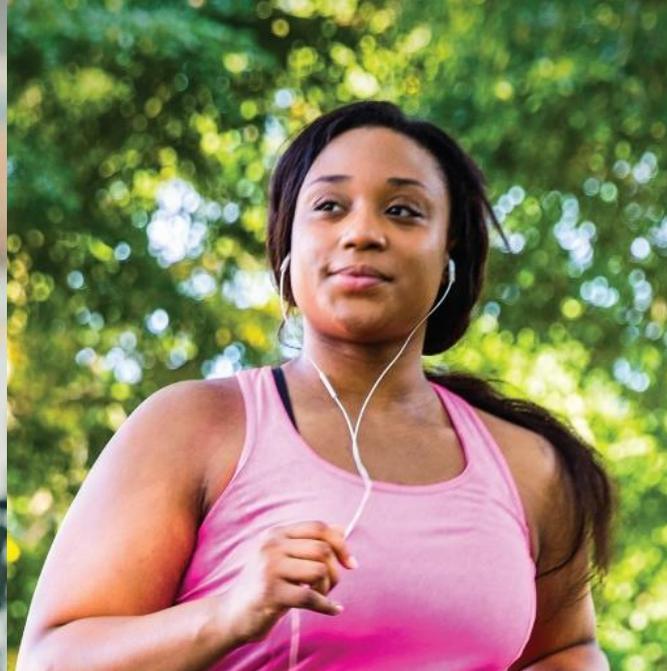
Be the healthiest you can be for yourself, your friends, your family



Vitality has more than 10 million members in 22 countries

“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

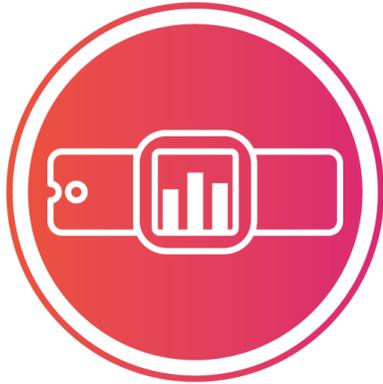


With Vitality, you create your Personal Pathway to better health with all kinds of healthy activities to inspire you.



CREATE YOUR
**PERSONAL
PATHWAY**
TO BETTER HEALTH

Vitality Points and Status



Engage in healthy activities
and earn Vitality Points



Increase your Status from
Bronze to Silver to Gold to
Platinum



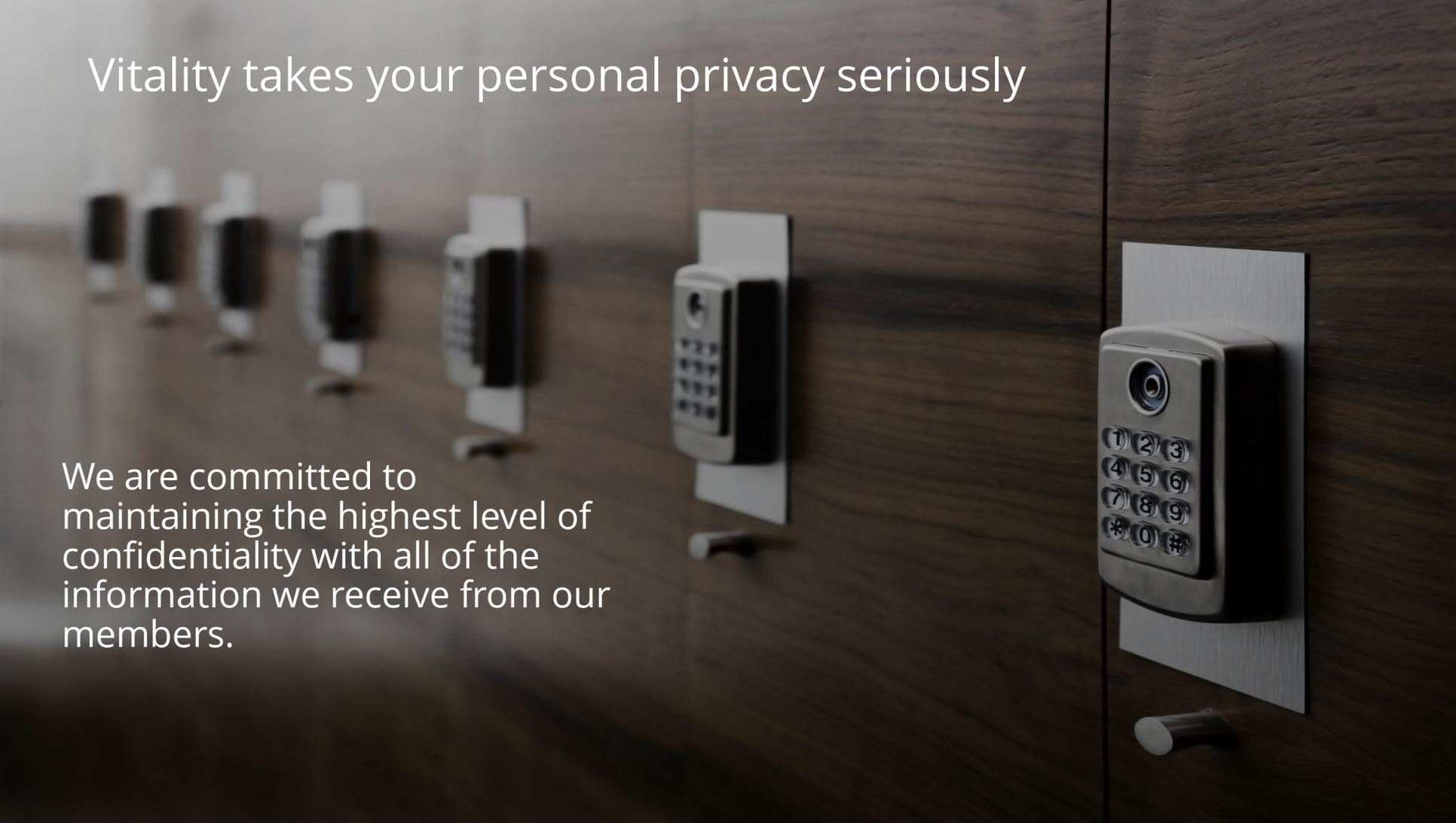
The higher your Vitality Status,
the greater the Rewards



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.



Gold
POINTS STATUS

9,515
VITALITY POINTS

7,335
VITALITY BUCKS

ACHIEVED
EMPLOYER INCENTIVE

On your mark, get set, go!

Don't forget that you can get points for participating in an athletic event - like a 5k!

[Plan your points](#)

A new bag for my workout stuff?
A Nike gift card can help with that. [→](#)

Gym rebate. That's great.
You can apply for the rebate when you meet the workout requirements. [→](#)

Be a goal-getter!
Find success when you focus on your goals. Earn 30 points each week for checking in. [→](#)



[Devices](#)

[HealthyFood](#)

[Vitality App](#)

ACTIVITIES

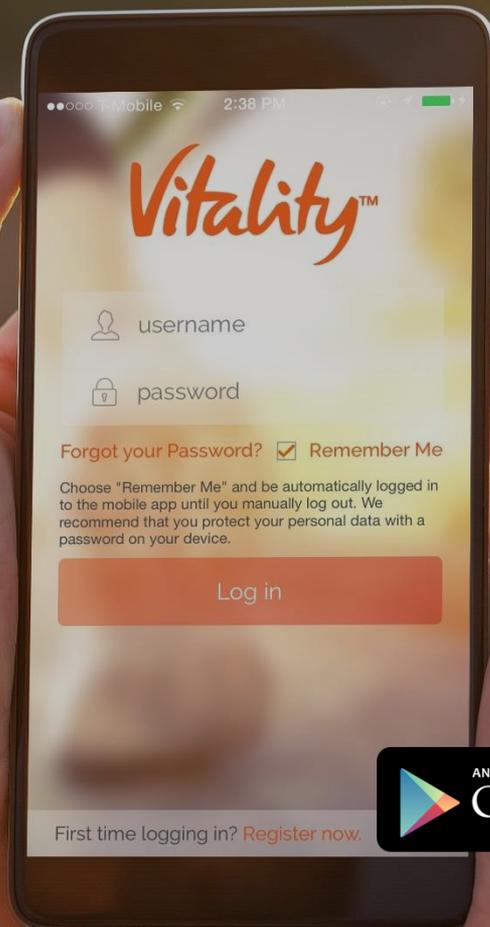
Standard Workout
800 PTS
PLANNED ON YOUR PATHWAY
[ACT NOW](#)

NEWSFEED

Mystery Food of the Month: Second Clue
2 hours ago
❤️ 3,864 people like this

I am very high in Vitamin C, A and potassium

Or on the go
with the Vitality
Today mobile
app





UNITED STATES

"I'm just getting started with the program and have already lost weight, gained endurance, and feel better about myself."

JACOB
VITALITY MEMBER

Member login

Your current session has ended.

[Forgot username?](#)[Forgot password?](#)

First time logging in? [Register now.](#)

Registering is
quick and easy
on the Vitality
website



Get motivated

Healthy is hard. Vitality makes it easier by providing the motivation you need.



Be healthy

Your health is your number one asset. Vitality will help you cultivate it.



Get rewarded

Health can be fun! Vitality's exciting incentive structure keeps you coming back for more.



Employer Incentive Requirements

[Home](#) / [Rewards](#) / [Employer Incentive Plan](#)

Current Year

Previous Year

EMPLOYER INCENTIVE PLAN

Participate in your employer's incentive plan and receive a reward!

Brookfield

INCENTIVE OVERVIEW

****Only employees that are enrolled in the medical plan are eligible for the Incentives.**

Annual Vitality Wellness Premium Incentive	Additional Rebate
<p>Employees only: Earn 2,500 Vitality Points to achieve Silver Status and become eligible to receive a medical premium reduction of up to \$1,200 annually!</p> <p>Employees with enrolled spouses: Earn 3,500 Vitality Points to achieve Silver Status* (spouse must earn 1,500 Vitality Points) and become eligible to receive a medical premium reduction of up to \$1,800 annually!</p> <p>*Your Vitality Status may say Silver Status, however you and your spouse must each earn 1,500 Vitality Points for you to earn the incentive. The remaining 500 points can be completed by a combination of both of your efforts to reach Silver Status.</p>	<p>Employees only: Earn 6,000 Vitality Points to achieve Gold Status and be eligible to receive a taxable cash award of \$500!</p>
	<p>Employees with enrolled spouses: Earn 9,000 Vitality Points to achieve Gold Status to be eligible to receive a taxable cash award of \$750!</p>

ACT NOW
EMPLOYER INCENTIVE



VIEW REQUIREMENTS

Complete the below requirements to receive the maximum incentive.

Achieve Silver Status

Incomplete

[VIEW DETAIL >](#)

Earn 1,500 Points

Complete

[VIEW DETAIL >](#)

Earn 6,000 Points

Incomplete

[VIEW DETAIL >](#)

Achieve Gold Status

Incomplete

[VIEW DETAIL >](#)



Program offerings

Vitality Status

Employee Only



0 points

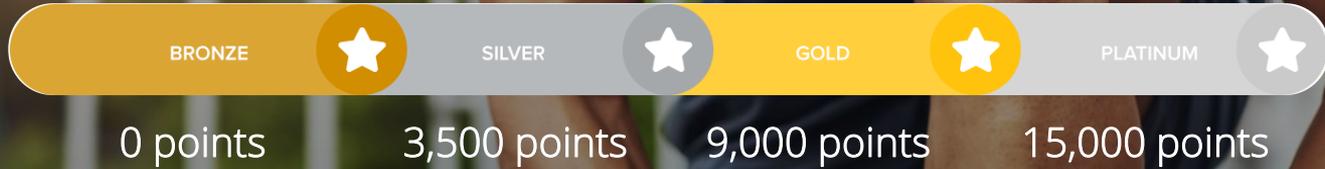
2,500 points

6,000 points

10,000 points

Vitality Status

Employee + Spouse



POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



POINTS PLANNED ON YOUR PATHWAY



The Points Planner lets you choose activities that inspire you.

Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLANNER

TOTAL EARNED

0 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

CATEGORIES

Vitality Reviews

975 pts

POINTS AVAILABLE

EARN POINTS

Vitality Check

4,025 pts

POINTS AVAILABLE

EARN POINTS

Online Education

2,100 pts

POINTS AVAILABLE

EARN POINTS

Physical Activity

7,000 pts

POINTS AVAILABLE

EARN POINTS

Goals

1,500 pts

POINTS AVAILABLE

EARN POINTS

HealthyFood

600 pts

POINTS AVAILABLE

EARN POINTS

POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



0
POINTS PLANNED ON YOUR PATHWAY



Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLANNER



TOTAL EARNED
0 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

QUICK POINTS PLANNER

Vitality can help you plan your points. Let's get started! (You may have recently earned these points or have these points or more already on your pathway. If so, you don't need to use this too.)

1. HOW ACTIVE ARE YOU?



inactive



Do a little



Fairly active



Very active

2. WHICH STATUS DO YOU WANT TO REACH?



Silver



Gold



Platinum

GET YOUR PLAN

CATEGORIES

Vitality Reviews

975 pts

POINTS AVAILABLE



Vitality Check

4,025 pts

POINTS AVAILABLE



Online Education

2,100 pts

POINTS AVAILABLE



POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



0

POINTS PLANNED ON YOUR PATHWAY



Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLANNER

TOTAL EARNED
0 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

QUICK POINTS PLANNER

Vitality can help you plan your points. Let's get started! (You may have recently earned these points or have these points or more already on your pathway. If so, you don't need to use this too.)

1. HOW ACTIVE ARE YOU?



Inactive



Do a little



Fairly active



Very active

2. WHICH STATUS DO YOU WANT TO REACH?



Silver



Gold



Platinum

GET YOUR PLAN

CATEGORIES

Vitality Reviews

975 pts

POINTS AVAILABLE



Vitality Check

4,025 pts

POINTS AVAILABLE



Online Education

2,100 pts

POINTS AVAILABLE



POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



POINTS PLANNED ON YOUR PATHWAY



Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLANNER

TOTAL EARNED
0 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

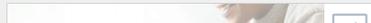
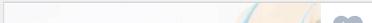
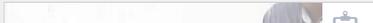
QUICK POINTS PLANNER

Our suggested activities below will help you get where you want to be ... and possibly beyond!

Activity	Quantity	Points	Add to Pathway	
Standard Workout <i>Physical Activity</i>	85	850	<input checked="" type="checkbox"/>	Milestone points are not planned. You will earn those in addition to what you plan on your pathway.
Advanced Workout <i>Physical Activity</i>	9	135	<input checked="" type="checkbox"/>	Milestone points are not planned. You will earn those in addition to what you plan on your pathway.
Vitality Health Review <i>Vitality Reviews</i>	1	500	<input checked="" type="checkbox"/>	VHR bonus pts. aren't planned. Finish it in the first 90 days of the program year and earn 250 pts.
Flu Shot <i>Prevention</i>	1	200	<input checked="" type="checkbox"/>	
Body Mass Index screening only <i>Vitality Check</i>	1	125	<input checked="" type="checkbox"/>	
Blood Pressure screening and healthy result <i>Vitality Check</i>	1	725	<input checked="" type="checkbox"/>	
	TOTAL POINTS	2,535		

ADD TO PATHWAY

CATEGORIES



POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



2,535

POINTS PLANNED ON YOUR PATHWAY



YOU HAVE 6 ACTIVITIES ON YOUR PATHWAY

As you complete activities, items will automatically move to your Points Statement from your Pathway.

Activity	Quantity	Points			
 Standard Workout <i>Physical Activity</i>	85	850	Edit	Remove	
 Advanced Workout <i>Physical Activity</i>	9	135	Edit	Remove	
 Vitality Health Review <i>Vitality Reviews</i>	1	500	Edit	Remove	
 Flu Shot <i>Prevention</i>	1	200	Edit	Remove	
 Body Mass Index screening only <i>Vitality Check</i>	1	125	Edit	Remove	
 Blood Pressure screening and healthy result <i>Vitality Check</i>	1	725	Edit	Remove	

Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLAN

CATEGORIES

Vitality Reviews

975 pts

POINTS AVAILABLE

EARN POINTS >

Physical Activity

7,000 pts

POINTS AVAILABLE

EARN POINTS >

HealthyMind

500 pts

POINTS AVAILABLE

EARN POINTS >

1,500 pts

POINTS AVAILABLE

EARN POINTS >

Certifications

250 pts

POINTS AVAILABLE

EARN POINTS >

800 pts

POINTS AVAILABLE

EARN POINTS >

Prevention

INDIVIDUAL MAXIMUMS APPLY

EARN POINTS >

POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



2,535

POINTS PLANNED ON YOUR PATHWAY



Reach a higher status!

2,500 pts
NEEDED TO REACH SILVER

QUICK POINTS PLANNER

TOTAL EARNED
0 pts

WITH PATHWAY
2,535 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

CATEGORIES

Vitality Reviews
975 pts
POINTS AVAILABLE

EARN POINTS

Vitality Check
4,025 pts
POINTS AVAILABLE

EARN POINTS

Online Education
2,100 pts
POINTS AVAILABLE

EARN POINTS

ACTIVITIES

Body Mass Index

[Learn more](#)

1,125 pts

POINTS AVAILABLE

[Edit pathway](#)

[ACT NOW](#)

Blood Pressure

[Learn more](#)

725 pts

POINTS AVAILABLE

[Edit pathway](#)

[ACT NOW](#)

Cholesterol

[Learn more](#)

725 pts

POINTS AVAILABLE

[Plan Your Points](#)

[ACT NOW](#)

Fasting Blood Glucose / HbA1C

[Learn more](#)

725 pts

POINTS AVAILABLE

[Plan Your Points](#)

[ACT NOW](#)

Cotinine

[Learn more](#)

725 pts

POINTS AVAILABLE

[Plan Your Points](#)

[ACT NOW](#)

Physical Activity

Goals

Healthy Food

POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



2,535

POINTS PLANNED ON YOUR PATHWAY



Reach a higher status!

2,500 pts
NEEDED TO REACH SILVER

QUICK POINTS PLANNER



CATEGORIES

Vitality Reviews
975 pts
POINTS AVAILABLE

EARN POINTS

Vitality Check
4,025 pts
POINTS AVAILABLE

EARN POINTS

Online Education
2,100 pts
POINTS AVAILABLE

EARN POINTS

ACTIVITIES

Body Mass Index
[Learn more](#)

1,125 pts
POINTS AVAILABLE

[Edit Pathway](#) [ACT NOW](#)

Blood Pressure
[Learn more](#)

725 pts
POINTS AVAILABLE

[Edit Pathway](#) [ACT NOW](#)

Cholesterol
[Learn more](#)

725 pts
POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

Points Planner

Cholesterol screening and health result

QTY: 1 PTS: 725

[ADD TO PATHWAY](#)

Fasting Blood Glucose / HbA1C
[Learn more](#)

725 pts
POINTS AVAILABLE

[Edit Pathway](#) [ACT NOW](#)

Cotinine
[Learn more](#)

725 pts
POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



3,285

POINTS PLANNED ON YOUR PATHWAY ⓘ



Reach a higher status!



2,500 pts

NEEDED TO REACH SILVER

QUICK POINTS PLANNER ▾

TOTAL EARNED
0 pts

WITH PATHWAY
3,285 pts

BRONZE

0 pts

SILVER

2,500 pts

GOLD

6,000 pts

PLATINUM

10,000 pts

CATEGORIES

Vitality Reviews

975 pts

POINTS AVAILABLE

EARN POINTS >

Vitality Check

4,025 pts

POINTS AVAILABLE

EARN POINTS >

Online Education

2,100 pts

POINTS AVAILABLE

EARN POINTS >

Physical Activity

7,000 pts

POINTS AVAILABLE

EARN POINTS >

Goals

1,500 pts

POINTS AVAILABLE

EARN POINTS >

HealthyFood

600 pts

POINTS AVAILABLE

EARN POINTS >

HealthyMind

500 pts

POINTS AVAILABLE

EARN POINTS >

Certifications

250 pts

POINTS AVAILABLE

EARN POINTS >

Prevention

INDIVIDUAL MAXIMUMS APPLY

EARN POINTS >

POINTS PLANNER

Earn Vitality Points as you complete healthy activities in a variety of categories. You can choose any activities and "Act Now" or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!



7,560
POINTS PLANNED ON YOUR PATHWAY ⓘ



Reach a higher status!



290 pts

NEEDED TO REACH GOLD

QUICK POINTS PLANNER ▾

TOTAL EARNED
5,710 pts

WITH PATHWAY
7,560 pts

BRONZE

SILVER

GOLD

PLATINUM

0 pts

2,500 pts

6,000 pts

10,000 pts

CATEGORIES

Vitality Reviews
COMPLETED

975 pts
POINTS EARNED



Vitality Check
COMPLETED

4,025 pts
POINTS EARNED



Online Education
2,100 pts
POINTS AVAILABLE



EARN POINTS >

Physical Activity
6,410 pts
POINTS AVAILABLE



EARN POINTS >

Goals
1,380 pts
POINTS AVAILABLE



EARN POINTS >

HealthyFood
600 pts
POINTS AVAILABLE



EARN POINTS >

HealthyMind
500 pts
POINTS AVAILABLE



EARN POINTS >

Certifications
250 pts
POINTS AVAILABLE



EARN POINTS >

Prevention
INDIVIDUAL MAXIMUMS APPLY



EARN POINTS >

[< Back to Health Resources](#)

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.

The confidential Vitality Health Review will give you the big picture of your current health

- 1 
Overall Health
- 2 
Fitness and exercise
- 3 
Eating Habits
- 4 
Mental Well-being
- 5 
Work Life
- 6 
Alcohol and Tobacco
- 7 
Conditions And Measures

START NOW

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 Overview](#)
- [Vitality Points ▾](#)
- [Certifications](#)
- [Goals](#)
- [HealthyFood](#)
- [HealthyMind](#)
- [Online education](#)
- [Other activities](#)
- [Physical activity](#)
- [Prevention](#)
- [Vitality Check](#)
- [Vitality reviews](#)
- [Waivers and Accom...](#)
- [Weight Management](#)
- [Linking to Vitality >](#)
- [Rewards >](#)
- [Vitality Age](#)
- [Health Results](#)
- [Health Resources](#)
- [Community](#)
- [Employer Offerings](#)
- [Site Features](#)

You can also submit a form for a Vitality Check completed by your personal physician

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.

QUICK LINKS

- [Schedule your screening](#)
- [Submit your Vitality Check form](#)

JUMP TO

Body Mass Index
Blood Pressure
Cholesterol
Fasting Blood Glucose
Cotinine

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 or 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.



Physical activity workout levels



Light Workout (5 points)

- 5,000 steps
- 15 minutes at 60% max Heart Rate
- 100 Calories on approved devices or apps

Standard Workout (10 points)

- 10,000 steps
- 30 minutes at 60% max Heart Rate
- 200 Calories on approved devices or apps
- Workout at Fitness Facility

Advanced Workout (15 points)

- 15,000 steps
- 45 minutes at 60% max Heart Rate
- 300 Calories on approved devices or apps

Your Active Calories thresholds are displayed on the Vitality Today app. Points are awarded based on the active calories burned throughout the entire day, not just during the span of a workout.

Link a fitness device

The screenshot displays a user interface for managing fitness devices. At the top, there are navigation tabs: 'DEVICES' (selected), 'HEALTHYFOOD', and 'VITALITY APP'. Below the tabs, a message states: 'You currently have the following device accounts linked. Please make sure that your device is linked to its appropriate account. [Learn more.](#)'

Device Account	Status
MapMyFitness	Manage
Vitality Today	Manage
Apple Watch	Manage
Health app	Manage
Link another device	
Earn Points	Learn how to earn points for workouts

At the bottom right, there is a link: [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

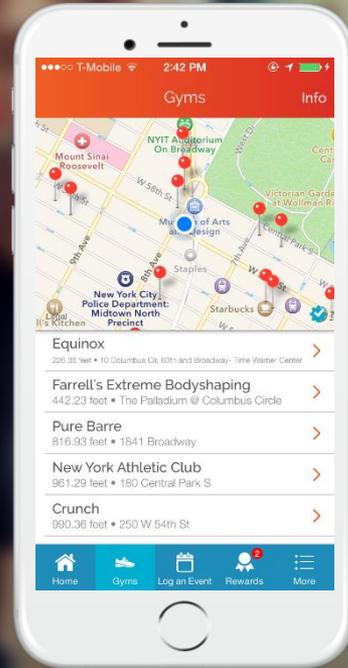
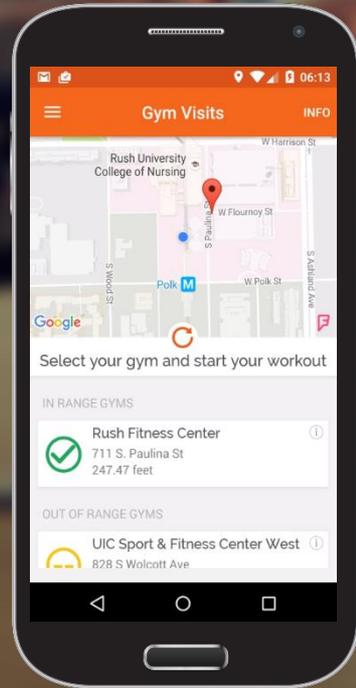
- Connect Vitality Today to Google Fit and share your steps data measured by your Android phone or Android Wear watch.



MapMyFitness

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

Use GPS. Vitality Today gym check-in



FORMS & WAIVERS

- FORMS
- Athletic Event
- CPR Verification
- Disease Management
- First Aid Verification
- Gym Workout**
- Maternity Management
- Prevention
- Self-Reported Workout
- Sports League
- Trial Check
- Wellness Rebates
- WAIVERS
- Biometrics Physician...
- Physical Activity Acc...
- Prenatal Care Verific...

GYM WORKOUT

Submit your gym visits and receive 10 points for a Standard Workout (up to one workout activity per day). Your visits must take place at a gym that offers both cardio and strength training equipment, a Pilates or yoga studio, or a Cross Fit or boot camp program. **You must submit a printout from your gym or program verifying your attendance.**

Please note that you may only submit activities completed on or after your effective date with Vitality.

SUBMISSION FOR

NAME OF GYM

WORKOUT DATE

Select more than 1 date by clicking on multiple dates on the calendar.

PROOF OF WORKOUT

 No file chosen

Please Note: To protect the integrity of the program, Vitality verifies the accuracy of information submitted. Incorrect or incomplete information will result in the denial or cancellation of Vitality Points, or potential termination of membership according to the [terms and conditions](#) of the program.



Bonus workout points

Every 10th workout = 50 bonus points

Every 50th workout = 100 bonus points

Every 100th workout = 400 bonus points

Every 1000th workout = 1000 bonus points

[Home](#) / [Resources](#) / Health Resources

- Health Resources
- Guide to Vitality
- Employer Resources

- Health Resources**
- Guide to Vitality
- Employer Resources

HEALTH RESOURCES

Find the tools and information you need to take better care of yourself.

Resources that earn points



Nutrition Courses
Online Education

900 pts
POINTS AVAILABLE



Living Smoke Free
Other Activities

725 pts
POINTS AVAILABLE



Health FYI Webcasts
Online Education

600 pts
POINTS AVAILABLE



Vitality Health Review
Vitality Reviews

500 pts
POINTS AVAILABLE

[View All](#) →

COURSES IN PROGRESS

No nutrition courses currently in progress

Resources by topic



Fitness and Exercise



Healthy Eating



Mental and Behavioral Health



Weight Management

[View All](#) →

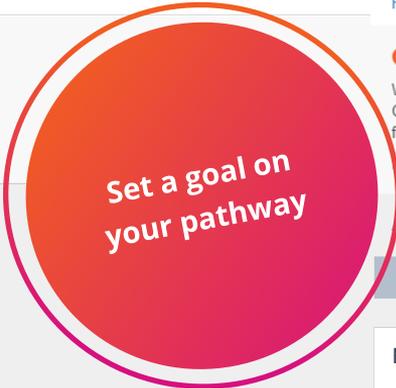
Exercise your
mind. Health
Resources has
more than 8,000
topics

Home / Health Results

GOAL Goals

- Whether y
Central tin
for checki
earn mo
- Vitality Check
- Vitality Health Review

, you can earn Vitality Points each week by checking in no later than 11:59 p.m. you're doing. Please note: You are eligible to receive up to 30 points per week



ACTIVE GOAL CHECK IN

- ACTIVE
- ENDED

Maintain a healthy weight

ENDS ON SEP 10, 2019

CHECK IN

GOAL CHECK IN

Maintain a healthy weight

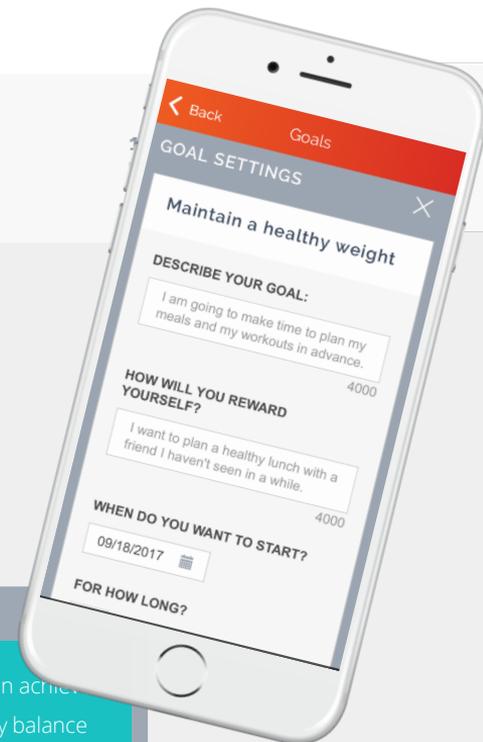
1 TELL US HOW YOU ARE DOING

1 OPTIONAL NOTES

What would you like to say?

Doing good Could be doing better

CHECK IN



You can achieve a healthy balance between sweet and satisfying.

Vitality Goals

Think positively



SET >

Eat more fruits and vegetables



SET >

Maintain a healthy weight



SET >

Train for an event



SET >

Get a better night's sleep



SET >

Limit fatty foods



SET >

Free my mind from worry



SET >

Quit smoking



SET >

Sleep more



SET >

Cut back on sugar



SET >

Lose weight



SET >

Stay sharp



SET >

Build a better budget



SET >

Increase my muscle fitness



SET >

Select leaner meats



SET >

Look after my bone health



SET >

Start with small steps



SET >

Recognize hunger signals



SET >

Avoid my smoking triggers



SET >

Take my medicine as prescribed



SET >

Manage the urge to smoke



SET >

Rev up my workouts



SET >

Reach a target weight



SET >

Reduce my stress



SET >

Take more steps each day



SET >

Choose low-fat dairy



SET >

Shake that salt habit



SET >

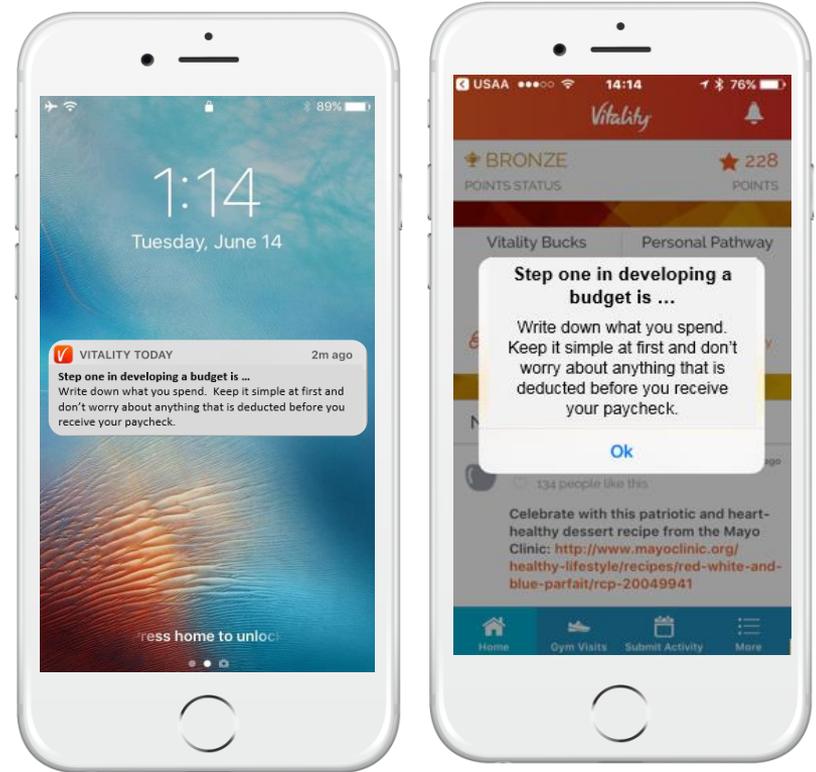
Free my mind from worry



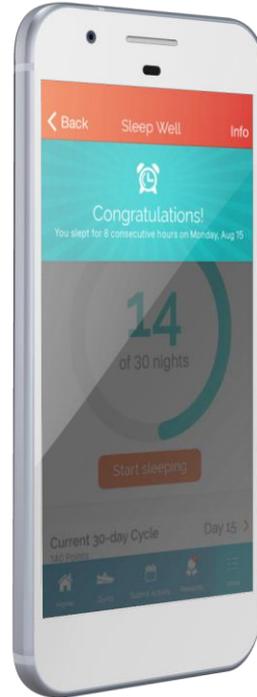
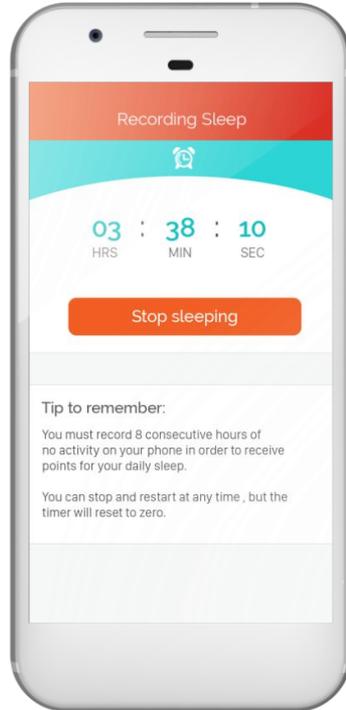
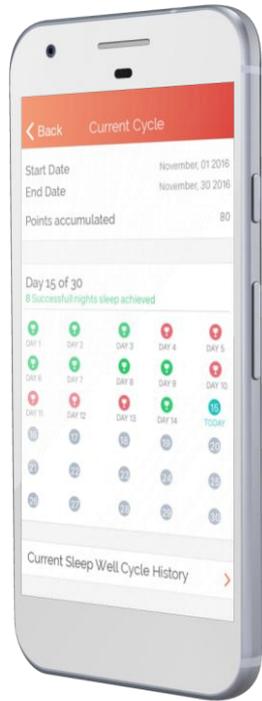
SET >

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.



Vitality HealthyMind

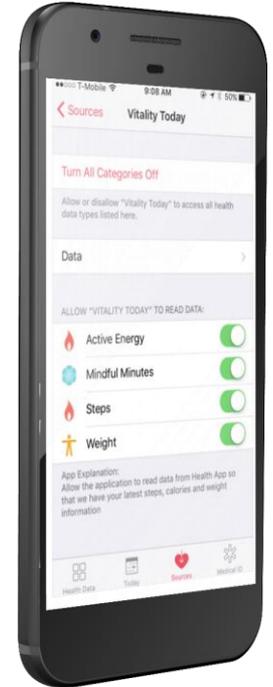
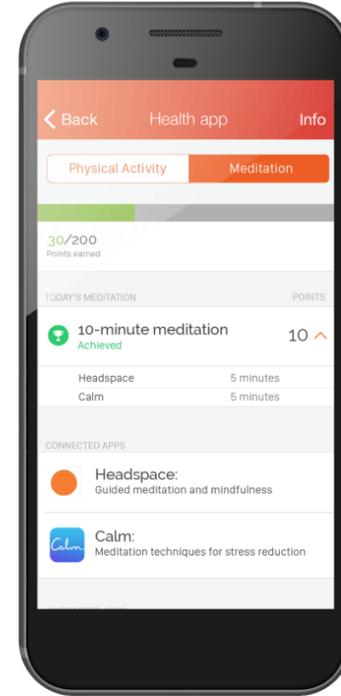
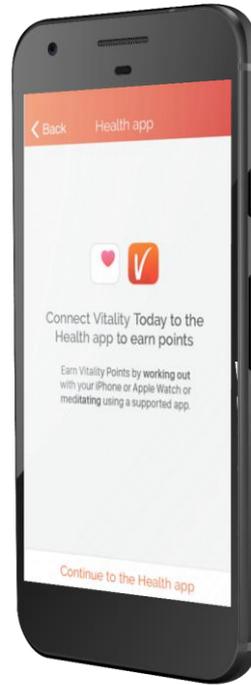


“Unplug” and take some downtime through the Sleep Well feature on Vitality Today. As long you are inactive for eight hours and your smart phone also remains still, you’ll earn 10 Vitality Points. Sleep Well is set up as a 30-day challenge.

Vitality HealthyMind



Earn 10 Vitality Points for achieving a state of relaxation through meditation and breathing activities. Choose any of the three mindfulness applications: Calm, HEADSPACE, or the Breathe app with Apple.





Program Rewards

Vitality Squares



Search ...



- HOME
- HEALTH PROFILE ▾
- POINTS ▾
- REWARDS ▾**
- RESOURCES ▾
- COMMUNITY ▾

[Home](#) / [Rewards](#) / Redeem Vitality Bucks

VITALITY SQUARES

Vitality Squares is a fun game of chance that you can play monthly for Vitality Points and gift cards!

JULY SQUARES



SILVER
YOUR REWARD STATUS



YOUR CURRENT PRIZE

50

VITALITY POINTS



\$5

GIFT CARD

Congratulations!

You found the fruit,
You get the loot!

Thanks for playing Vitality Squares. You'll have another chance to win next month. (And we hope you do!)

[Reveal Squares](#)

[VIEW PRIZE](#)

FRUIT COLLECTION	PRIZE
1 Fruit	10 Vitality Points
2 Fruit	20 Vitality Points
3 Fruit	30 Vitality Points
4 Fruit	40 Vitality Points

GIFT CARD OPTIONS*



*Gift Card options vary by prize level

Smoking Cessation Rebate

\$200 rebate
once per
lifetime

SMOKING CESSATION REBATE REQUIREMENT

Enrolled in a program that offers smoking
cessation counseling

SMOKING CESSATION REBATE



Receive a rebate of up to \$200 when you participate in a qualified smoking cessation initiative.

[LEARN MORE](#)

[APPLY ONLINE](#)



Program Tips

Guide to Vitality

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 Overview
Vitality Points >
Linking to Vitality >
Rewards >
Vitality Age
Health Results
Health Resources
Community
Employer Offerings
Site Features

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.



Linking to Vitality
Learn how to connect to Vitality.



Rewards
Learn how Vitality rewards you for your activities. Check out all the great rewards you can get..



Vitality Age
Understand the science behind the number.

HOW IT WORKS

POINTS STATEMENT



13,092

TOTAL POINTS
EARNED THIS YEAR

11,320
YOUR POINTS



1,772
KICK START
BONUS



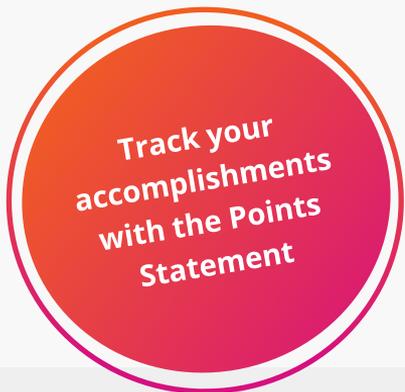
POINTS EARNED PER MONTH

YOUR POINTS | PRIOR YEAR

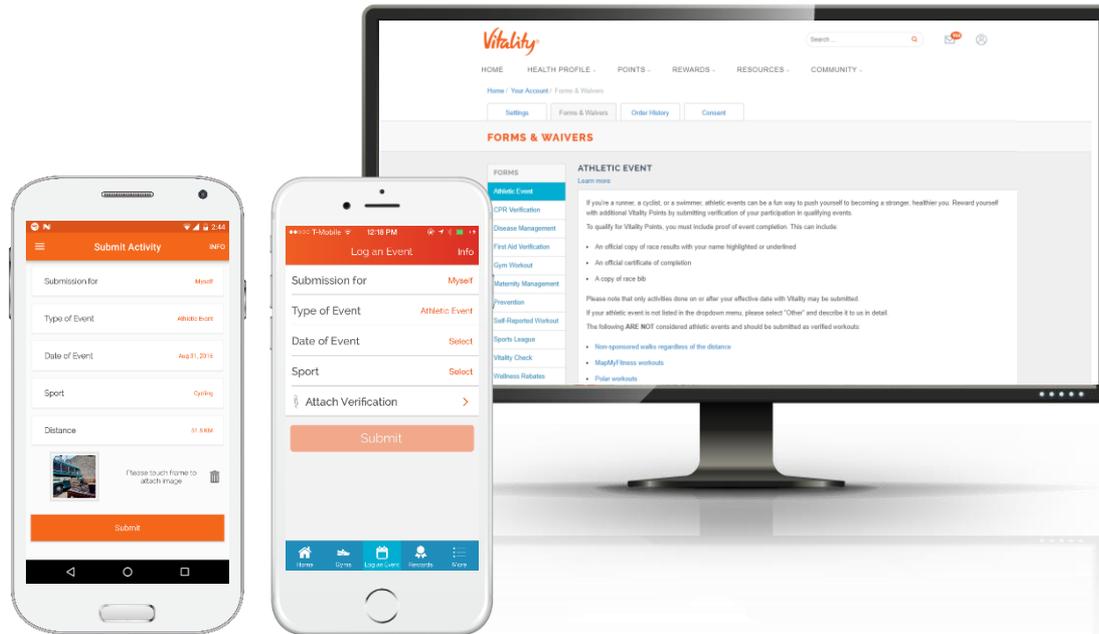


[Activity View](#)
[Category View](#)
[< Previous](#)
[1](#)
[2](#)
[3](#)
[4](#)
[5](#)
[...](#)
[15](#)
[16](#)
[NEXT >](#)

Activity	Activity Date	Award Date	Points Earned
Vitality Squares Vitality Squares- 4 Fruits	08/13/2019	08/13/2019	40
Light Workout Light Workout – 5,000 steps	08/12/2019	08/12/2019	5
Advanced Workout Advanced Workout – 15,000 steps	08/11/2019	08/11/2019	15
Light Workout Light Workout – 5,000 steps	08/10/2019	08/10/2019	5



Submitting an activity



 Your Account ▲

Settings

Forms and Waivers

Order history

LOG OUT

Forms and Waivers

FORMS & WAIVERS

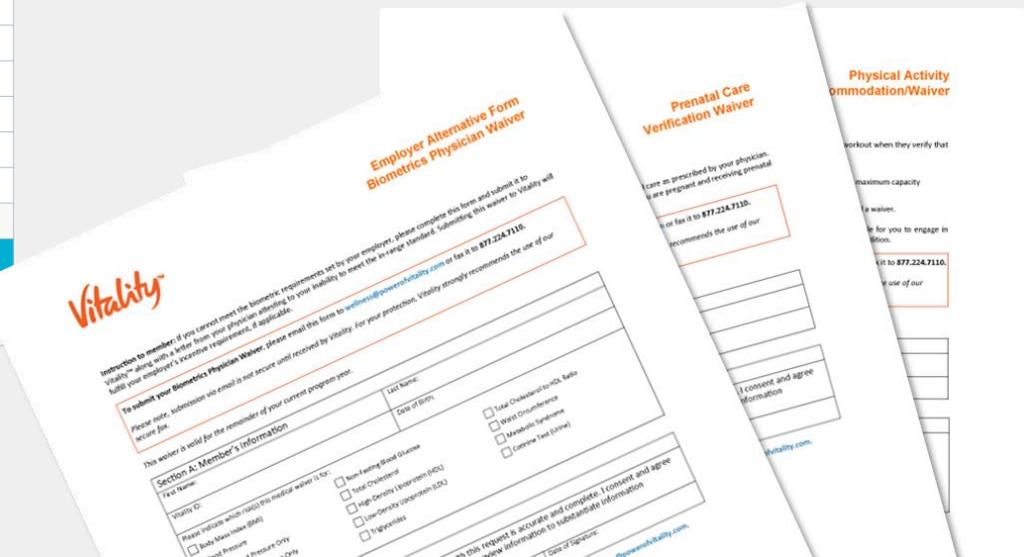
- FORMS
 - Athletic Event
 - CPR Verification
 - Disease Management
 - First Aid Verification
 - Gym Workout
 - Maternity Management
 - Prevention
 - Self-Reported Workout
 - Sports League
 - Vitality Check
 - Wellness Rebates
- WAIVERS
 - Biometrics Physician...
 - Physical Activity Acco...
 - Prenatal Care Verific...

BIOMETRICS PHYSICIAN WAIVER

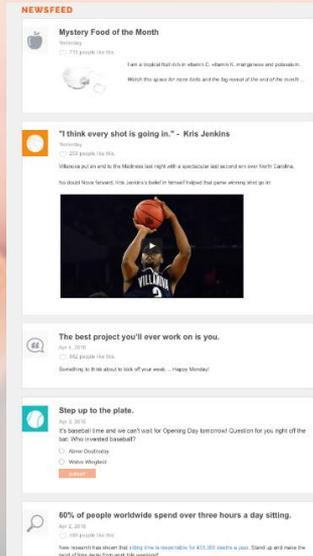
If your blood glucose, blood pressure, BMI, total cholesterol or LDL measure is out of range, and you are unable to meet the reasonable alternative recommended for you, download this form and follow the instructions to submit it to Vitality.

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

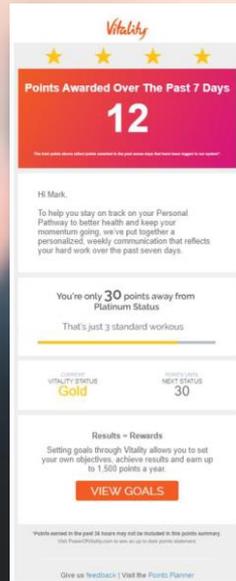
[Click here to download form.](#)



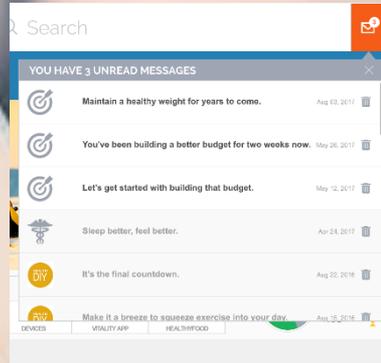
Personalized communications



Newsfeed



Weekly Email



Message Center



Vitality Today notifications

Extra assistance

Vitality Customer Care

877.224.7117

Fax: 877.224.7110

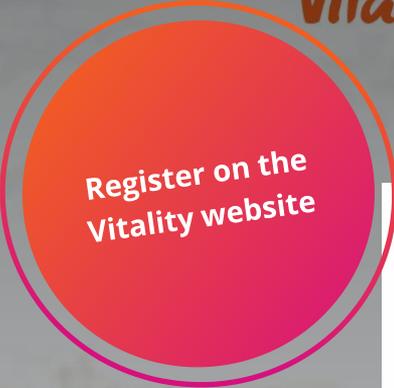
Hours: 8:00 a.m. – 5:00 p.m. (CST)

Monday - Friday

email: wellness@powerofvitality.com



UNITED STATES



Register on the
Vitality website

"I'm just getting started with the program and have already lost weight, gained endurance, and feel better about myself."

JACOB
VITALITY MEMBER

Member login

Your current session has ended.

[Forgot username?](#)

[Forgot password?](#)

Login

First time logging in? [Register now.](#)



Get motivated

Healthy is hard. Vitality makes it easier by providing the motivation you need.



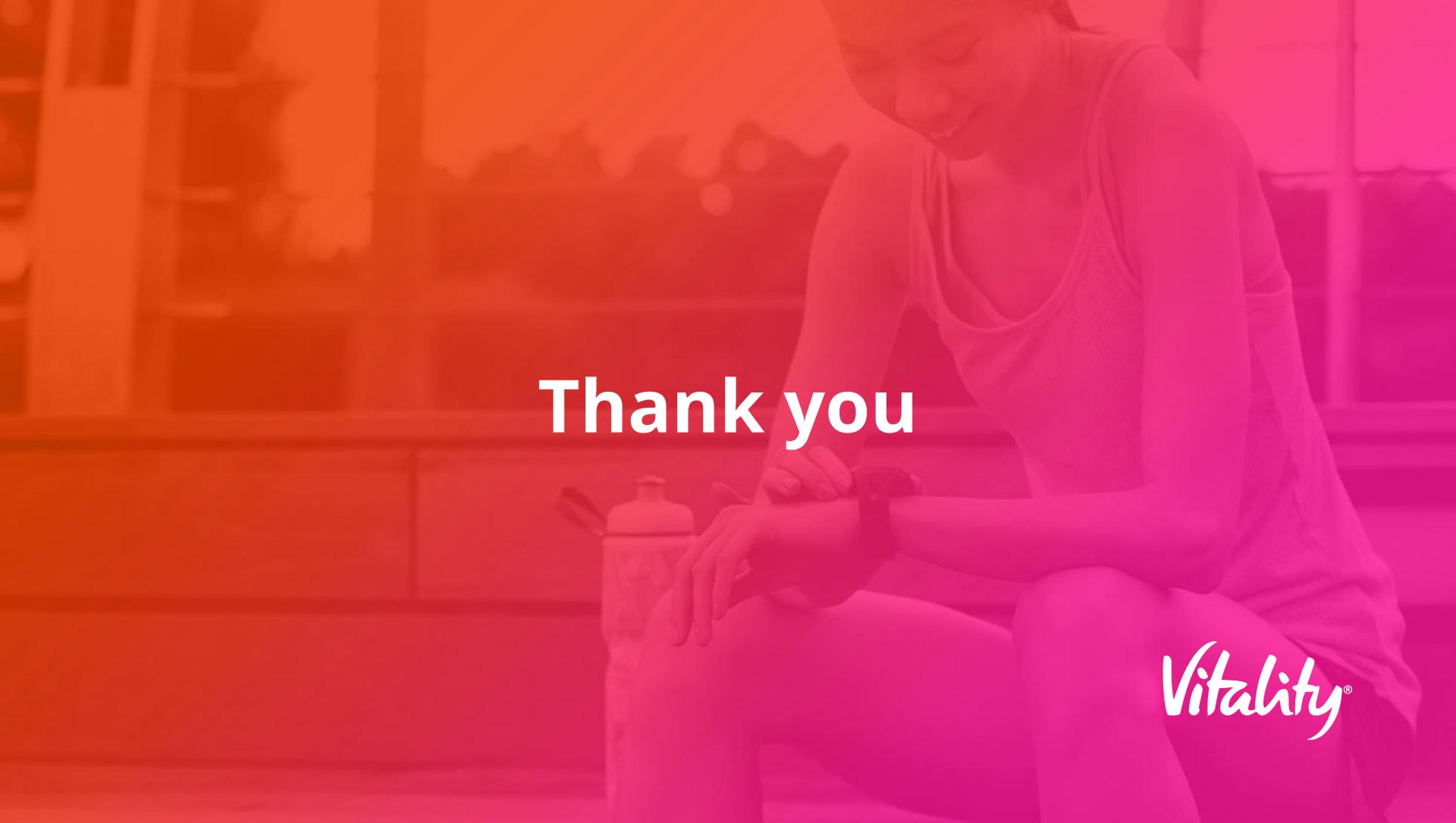
Be healthy

Your health is your number one asset. Vitality will help you cultivate it.



Get rewarded

Health can be fun! Vitality's exciting incentive structure keeps you coming back for more.



Thank you

Vitality[®]