

# How to Register as a **NEW USER**

Log into the Vitality site:

<https://www.powerofvitality.com/vitalityportal/login>

# Vitality

Roll Arrow and use the Left button to click once on REGISTER TODAY

Log In using

Password

Password

First time logging in? [Register today!](#)

Take charge of your health.  
**REWARD YOUR LIFE.**



### New to Vitality?

Find out why millions of people have joined Vitality and how easy it is for you to get started.

[>> Read more](#)



### Vitality Victories

Read real life success stories from Vitality members for the inspiration you need to take charge of your health.

[>> Read more](#)



HOME

LOG IN

REGISTER

I FORGOT MY LOG IN

CONTACT US

## REGISTER

\*NEW\* Register using your favorite Social Provider. It's fast, easy and secure!



Or provide the following information so that we can find you and activate your account

First name:

Last name:

Date of birth:

Country:

SSN of Principal member (last four digits):

XXX - XX -

Email address:

\* indicates a required field.

Use the keyboard and type your name (as it appears on your paycheck), Date of Birth, the Last 4 Digits of your Social Security Number.

You DO NOT need an e-mail address.

Then click left button on Continue.

CONTINUE

PRIVACY STATEMENT

## NOTE:

On next page after you register:

You will make up **your own**  
USERNAME and PASSWORD

*- it can be whatever you would like it to be, but it must contain at least 6 letters and one of them must be a number. For example: secretword2013*

You will need this USERNAME and PASSWORD to come back to the website when you log off.



Complete the **Health Risk Assessment** to reach **BRONZE** 1

## WELCOME TO VITALITY!

Vitality is a personalized wellness program that makes it easy for you to live your healthiest life! The program has something for everyone. Whether you're looking to improve or maintain your health, you've come to the right place! Vitality will personalize your experience and provide you with...

It's time for you...

**Bring arrow to "Take the VHR" and click the Left button once to begin.**



### HOW IT WORKS

Every time you do something good for yourself you'll earn points and status!



### WHERE TO BEGIN

The first step is to complete the Health Risk Assessment (HRA). The HRA is a **confidential**, online questionnaire that will determine your Vitality Age, a calculation of your overall health status. You'll receive your first Vitality Points and a printable summary of where you are doing well and areas that may need improvement. You'll also...

**Let's get started!**  
Give us 10 minutes and we'll personalize your experience.

**TAKE THE VHR**

Not ready for the HRA? [Explore the website.](#)

You are here

Medical history   Key measurements   Tobacco   Alcohol   Eating habits   Physical activity   Other activity   Mental well-being   Productivity

### Your medical history

Have you ever been diagnosed with any of the following medical conditions by a doctor or prescribed with medication for any of them? (Select all the conditions that apply)

<input type="checkbox"/>	Allergies	<input type="checkbox"/>	Depn
<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Diabe
<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Heart
<input type="checkbox"/>	Back pain	<input type="checkbox"/>	Heart
<input type="checkbox"/>	Cancer	<input type="checkbox"/>	High
<input type="checkbox"/>	Chronic lung disease	<input type="checkbox"/>	High
<input type="checkbox"/>	Chronic pain	<input type="checkbox"/>	Migra


[Save & exit](#)

You are here

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### Your eating habits

How many servings of vegetables and fruit do you eat per day?



[Save & exit](#)

**One serving size - Fruit**  
One serving = 1/2 cup or 1 medium fruit

**One serving size - Vegetables**  
One serving = 1/2 cup cooked vegetables or 1 cup raw vegetables or salad

[Back](#)   [Next](#)

You are here

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### Your physical activity levels

On an average day, how many hours do you spend doing the following activities?

Watching television

hours  minutes

[Back](#)   [Next](#)

**The VHR is a confidential, online questionnaire.  
(about 60 questions)  
The information is NOT shared with Blue Diamond or  
your Insurance.**

**Enter as much information as you can.**



Hi, Taylor  
VS12345678

1,250 PTS



1,250 PTS needed to achieve SILVER

LOG OUT  
GIVE US  
FEEDBACK

- HOME
- MY PROFILE
- GET HEALTHY
- GET EDUCATED
- GET REWARDED

### MY VITALITY AGE ?

REVEAL YOUR VITALITY AGE

#### What can I do to EARN VITALITY POINTS?

- ✓ Complete a Vitality Check
- ✓ Complete a Fitness Assessment
- ✓ Update/Confirm Contact Information
- ✓ How Many Calories Did you Burn

MORE ACTIVITIES

### MY VITALITY BUCKS 1,250

SHOP VITALITY MALL

#### GET REWARDED

Cuisinart, SONY, DELL, SAMSUNG, Calphalon, POLAR, GARMIN, KitchenAid

MORE REWARDS

#### MY VITALITY GOALS

Change Your Exercise Intesity

Worth 800 PTS

LEARN MORE

ALL MY GOALS

#### RECENT POINTS

Complete Health Risk Assessment

JUN 25, 2012

500 PTS

MY POINTS STATEMENT

#### NUTRITION Courses

### Learn the basics of healthy eating

Take an online course on nutrition and stay on the path to a healthier you. You'll also earn Vitality Points when you pass a short quiz!

ENROLL TODAY



### SUBMIT ONLINE

You can now submit point earning activity online.

LEARN MORE

### FIT FOR YOU.

Being "active" has many benefits. This month's Health FYI understand the benefits of flexibility exercises

LEARN MORE

This is your Home Page.



# How to Log Back onto Vitality





A better quality of life starts here

Log In using



Username

Password

Log in

Use the keyboard to type in your USERNAME and PASSWORD that you created.

Then move the arrow over LOG IN and click the left button once.



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Begin Participating  
in Activities!