

THE VITALITY PROGRAM

ONLINE QUICK GUIDE

	<p>Welcome to Vitality™! Vitality is a personalized wellness program that makes it easy for you to live your healthiest life. With Vitality, you complete healthy activities, earn Vitality Points™ and Vitality Bucks® for each activity and goal you achieve as you raise your Vitality Status®. Each point is worth a buck, and you can redeem your bucks at the online Vitality Mall™. Here's how you can take charge of your health and reward your life. <i>Let's get started!</i></p>
	<ol style="list-style-type: none">1. First, create your own confidential Vitality member account by registering online. Go to www.PowerofVitality.com and click on "Register today!" in the upper right-hand corner of your screen.
	<ol style="list-style-type: none">2. Complete the short form and choose your own username and password. It's simple and quick.
	<ol style="list-style-type: none">3. Once you're registered, it's time to get started! Activate your account by completing the Vitality Health Review™ (VHR), a series of questions about your current health status that only takes about 10 minutes to complete. When you are finished, you will receive your Vitality Age™, a measurement of how your lifestyle and habits may cause you to be younger or older than your actual age.

Your VHR answers will enable Vitality to recommend health goals that are unique to you and you alone — and give you the tools, guidance and encouragement to achieve them. The next page will show you how to activate a goal.

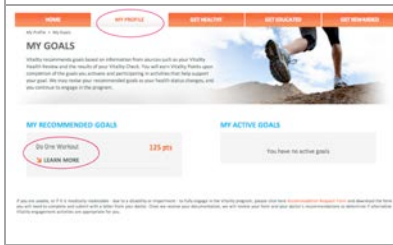
Not ready for a goal? No problem! Engage in a variety of activities for which you can earn points. This guide will take you through some activities you can do online. For a complete list of Vitality activities, navigate to **HOME > Earning Points**.



Click on **HOME** in the navigation menu to take you to your personal home page. Once engaged in the program, here's where you'll find a snapshot of your current Vitality Age™, Vitality Status, Vitality Bucks, goals you've set for yourself and tips on what you can do to earn more points.



Notice the status bar at the top of the page? The more points you earn, the higher your Status, from Blue to Bronze, to Silver, Gold and then Platinum.



Navigate to **MY PROFILE > My Goals** to view and activate personal goals that Vitality recommends for you. To view a goal, select **Learn More**.



Once you click **Learn More** you will see more information about the goal, how to achieve it and the date it should be completed by. You can choose to activate the goal by clicking **Set Goal Now** or you can choose to **Not Set Goal** and let Vitality know why. When you set a goal, Vitality will be with you every step of the way starting with more details and recommendations on how you can achieve it! In addition to the Vitality Points you may earn for reaching your goal, you can earn additional points for engaging in suggested point-earning activities.



Navigate to **GET HEALTHY > Overview** to find many activities and resources that make the Vitality program so effective.



Click on **Mental Well-being Review** to take a four-part online questionnaire to help manage and improve your mental health.



Click on **Nutrition & Healthy Eating** and take an online course to learn the basics of healthy eating, read articles, find delicious, healthy recipes and more!



Also under **GET HEALTHY**, you will find information on completing a **Vitality Check™**, a simple biometric assessment that includes physical measurements and a blood draw to determine your blood pressure, total cholesterol, body mass index (BMI) and more. Knowing your “numbers” will help you understand any risks to your health.



Navigate to **FITNESS & EXERCISE > Fitness Devices** to learn how you can earn points when you work out with a Vitality-approved fitness device. Select and link your approved device to Vitality by following the steps online. Each device offers different tracking - from steps to heart rate to calories – and there are options to fit every lifestyle.



Navigate to **GET REWARDED > Vitality Mall** to redeem your Vitality Bucks online!

Remember, the higher your Vitality Status, the greater your discount in the Vitality Mall!



Once each month, if you have taken the Vitality Health Review, you will have the opportunity to play **Vitality Squares™**, our health-themed game of chance. In addition to possibly winning up to 50 Vitality Points™, you might also win eGift cards® **valued at \$5, \$15 or \$500.**



Have questions?

We're here to help you get the most from the Vitality program. If you have a program-related question, please contact a Vitality Specialist at 877.224.7117 Monday through Friday, between 8:00 a.m. – 5:00 p.m., Central Time.



No matter how old or how healthy you are, take that first step. Engage in Vitality and you'll soon start enjoying the benefits of improved health at work, at home and at play!

Why not get started today? Get healthy, get educated and get rewarded with Vitality!