



Take charge of your health REWARD YOUR LIFE



Vitality™ is an interactive and personalized wellness program that makes it easy for you to live your healthiest life!

Whether you'd like to lose weight, become more active, improve your diet or simply maintain a healthy lifestyle, Vitality is right for you! Once you register and become a member, it's easy to get started. Before you know it, you'll begin to make Vitality a natural part of your everyday life and enjoy the benefits of a healthy lifestyle at work, at home and at play.

See where your health stands

Get started by taking the Vitality Health Review™ (VHR): a short assessment that focuses on your daily routines. Once completed, you'll know your Vitality Age™ — which tells you if your body is living younger or older than your actual age based on your lifestyle and habits.

A key part of Vitality is your Personal Pathway™. Based on your VHR results and other information, we recommend activities and help you set personal goals that can lead to improved health and greater rewards.

Take action toward your well-being

Earn Vitality Points™ for every Vitality activity you complete and goal you achieve. Activities include:

- **Education:** Complete your VHR, engage in an online calculator, get certified in CPR or first aid and much more.
- **Physical Activity:** Wear a fitness device, bike to work or take a walk after dinner, participate in a 5K, and more.
- **Healthy Living:** Take an online nutrition course or the Vitality Mental Well-being Review™ for a healthy mind.
- **Prevention:** Earn points for getting certain health screenings, a flu shot and a dental check-up.

- **Healthy Measures:** Get rewarded for having a Vitality Check™ biometric screening and for your in-range results including BMI, blood pressure, blood glucose, and total cholesterol.



To view a list of Vitality Point-earning activities and their point values, go to **Home > Earning Points** on the Vitality site.

Get healthy, stay healthy

Get active and watch your Vitality Status® grow with the Vitality Points you earn. As you continue completing activities and achieving recommended goals, you'll also get Vitality Bucks® to spend in the Vitality Mall™.



Get rewarded

Once you start earning Vitality Bucks, you'll be able to turn them into great rewards at the Vitality Mall. Amazon.com Gift Cards, iTunes, fitness devices and more are all available to you — and they are your reward for choosing to live healthier!

Don't wait. Register today!

Vitality is committed to helping you achieve your healthiest life, and offers rewards to all members who participate in our wellness program. If for any reason, you think you are unable to meet an outcome or activity-based standard or its reasonable alternative under Vitality, please consult with your physician who can evaluate your capabilities and determine whether or not you need to complete and submit a waiver. Prior to meeting with your physician, please visit the Forms page on the Vitality website to download the applicable waiver. If necessary, complete your portion of it, have your physician complete his or her portion of it and then submit it to Vitality.

www.PowerofVitality.com

Privacy is a top priority at Vitality, and we are committed to maintaining the highest level of confidentiality with all of the information we receive from our members.