



GET STARTED WITH THE POWER OF Vitality[®]

A comprehensive, interactive, and personalized wellness program that makes it easy for you to make healthy choices.

- Visit the [Power of Vitality](#) website and/or download the Power of Vitality mobile app ([Apple App Store](#), [Android Google Play](#))
- Select “**register now**” (*eligible the first day of your program year*). Follow the prompts on the screen which will navigate you through username, password, security questions, etc.
- **Earn your first 75 points** by answering a two-question onboarding survey that will start customizing the program to you.

EARN POINTS, INCREASE YOUR STATUS, EARN REWARDS

Vitality provides a range of tools and resources to navigate your way to a healthier you! As you earn more points, you will increase your status level, and earn greater rewards.

- **Health Assessment** (500 points) and micro-assessments (75 points) – questionnaires that customize the program to you
- **Preventative Screenings**, such as Dentist (400 points), Cancer (400 points), Vaccinations (200 points), Biometrics (BMI, Blood Pressure, Cholesterol, Glucose – earn up 3,300 points)
- **Goal Setting** (up to 15 points a day) – select topics important to you and check-in daily
- **Focus Areas** – based on your data through screenings, questionnaires, and interaction with Vitality, groups of different activities will be recommended specifically for you!



BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts



SYNC A DEVICE TO EARN DAILY POINTS FOR ACTIVITY

How to Connect: on the Power of Vitality Website and/or on your mobile app, click on the profile icon (settings), select Apps and Devices, select the device or app you would like to connect (ie: Apple, Garmin, Fitbit, Google Fit), then follow the prompts on the screen.

Share Activity Data with Vitality to maximize your point earning opportunities.

Workouts: Light (5pts): 5,000 steps, 100 calorie burn, or 15 min at 60% Max HR
Standard (10 pts): 10,000 steps, 200 calorie burn, or 30 min at 60% Max HR
Advanced (15 pts): 15,000 steps, 300 calorie burn, or 45 min at 60% Max HR
Other (points vary): Gym Check-in, Self-Reported Workouts, Active Calorie Burn

Need Assistance?

Contact wellness@powerofvitality.com or 877.224.7117 (8am-5pm CST, Mon-Fri)



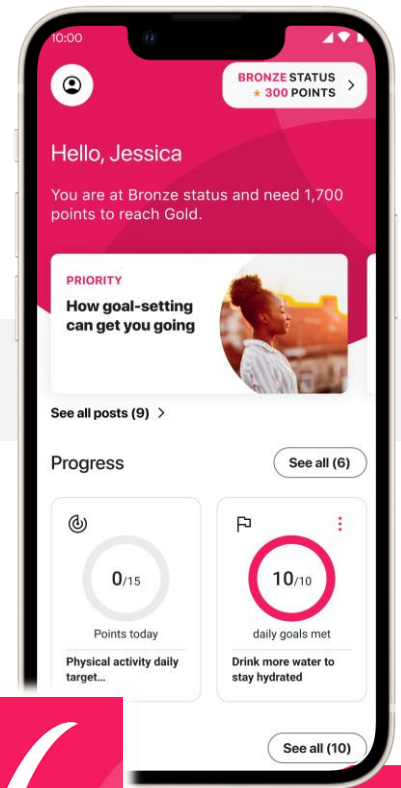
Scan to download or open
the Power of Vitality mobile app



Powering up with Vitality

Vitality is a comprehensive, interactive, and personalized wellness program that makes it easy for you to make healthy choices. Whatever your goals are, Vitality provides a range of tools and resources to navigate your way to a healthier you, including:

- Access your personalized journey based on your current health status and preferences
- Link a health tracker to sync your activity
- Create and track goals on a variety of health topics
- Access health content and educational tools relevant to your focus areas
- Stay motivated and get rewarded by earning points and achieving status




Get started by registering on PowerofVitality.com or on the Power of Vitality mobile app. Complete your Health Assessment and get a detailed health report, along with your Vitality Age.

Contact wellness@powerofvitality.com or 877.224.7117 (M - F 8am-5pm CST) for assistance.

3 Buckets of Activities to Earn Points

Assessments



★ INDIVIDUAL MAXIMUMS APPLY

Purpose: Understand members' health risks & needs

Health Assessment – 500pts


Micro Assessments – 75 pts each

2 Question Onboarding assessment

Other Micro Assessments:

- Physical activity
- Healthy eating
- Mental wellbeing
- Financial wellbeing
- Muscle & joint health
- Caregiver

Prevention



★ INDIVIDUAL MAXIMUMS APPLY

Purpose: Reduce and freeze health risks

Vaccinations – 200 pts

Cancer screenings – 400 pts

Biometric screenings – 500 pts

**125 pts each measure, excluding tobacco*

Outcomes in Health Range

BMI – 1,000 pts


Blood pressure – 600 pts

Cholesterol – 600 pts

Glucose – 600 pts

Tobacco use – 725 pts (*not included as part of standard screening*)

Wellbeing



★ 10,000 POINTS

Purpose: Engage and motivate members with healthy activities

Articles/Videos – 10pts each

Reflection Prompts – 10pts each

Jumpstart Prompts – 10 pts each

Goals Check-in – 5pts each

**3 goals per day, 15 pts daily total*

Physical Activity

Self reported workout – 5pts

Light workout – 5 pts

Standard workout – 10 pts

Advanced workout – 15pts

Athletic event & sports league – 50 pts

STATUS LEVELS: BRONZE (0 PTS), SILVER (2,500 PTS), GOLD (6,000 PTS), PLATINUM (10,000 PTS)

STEP 1: REGISTER



Visit the [Power of Vitality](#) website and/or download the Power of Vitality mobile app ([Apple App Store](#), [Android Google Play](#)). Select “register now”. Follow the prompts on the screen which will navigate you through username, password, security questions, etc. Next, earn your first 75 points by answering a two-question onboarding survey that will start customizing the program to you. If you need assistance, contact wellness@powerofvitality.com or 877.224.7117 (8am-5pm CST).

STEP 2: SYNC A DEVICE OR APP



Connect your compatible fitness device and apps (*Apple Health, Samsung Health, Garmin, Fitbit, Polar, MapMyFitness, Google Fit*) and start earning daily points for steps, workouts, and more.

How to Connect: on the Power of Vitality Website and/or on your mobile app, click on the profile icon (settings), select Apps and Devices, select the device or app you would like to connect, then follow the prompts on the screen.

Share Data: Allow Vitality to read your activity data to maximize your point earning opportunities.

Workouts: Light (5pts): 5,000 steps, 100 calorie burn, or 15 min at 60% Max HR
Standard (10 pts): 10,000 steps, 200 calorie burn, or 30 min at 60% Max HR
Advanced (15 pts): 15,000 steps, 300 calorie burn, or 45 min at 60% Max HR
Other (points vary): Gym Check-in, Self-Reported Workouts, Active Calorie Burn

STEP 3: COMPLETE YOUR HEALTH ASSESSMENT – 500 POINTS



This is a confidential questionnaire focused on exploring your activity levels, daily nutrition, mental wellbeing, biometric measures, and health concerns. You'll be prompted to complete your health assessment after you've registered for Vitality. Your detailed health report will give you a Vitality Age (*how old you are living*) and overall view of your health and lifestyle habits, along with delivering you a more customized experience. There are also micro-assessments for 75 points each that will personalize the program even more.

STEP 4: SET A GOAL – EARN UP TO 15 POINTS A DAY



Setting goals can help you stay on track to achieve your milestones, whether you're planning your financial future, training for an event, or cultivating a healthy work-life balance. Set your first goal by clicking the Add a Goal icon on your home screen, browse the categories, and select a goal that resonates with you. Each daily goal check-in is awarded 5 points, and you may check into 3 separate goals per day.



Scan to download or open
the Power of Vitality mobile app



How to earn points:

Standard Activities

The charts below show the points value of the many activities available. Standard activities fall within three categories: Assessments, Prevention, and Wellbeing. Points shown are for an individual member in a program year. An eligible spouse can also earn points towards their own status level.

Assessments

Understanding the member's health risks and needs

Activity	Points per activity
Onboarding assessment	75 once per lifetime
Health assessment	500 once per year
Health assessment early completion bonus	250 once per year
Physical activity assessment	75 once per year
Mental wellbeing assessment	75 once per year
Financial wellbeing assessment	75 once per year
Muscle and joint health assessment	75 once per year
Healthy eating assessment	75 once per year
Caregiver assessment	75 once per year

Wellbeing

Activities to engage members which includes recommended focus areas and goals

Activity	Points per activity
Articles	10 up to category max
Goals	5 each, up to 15 per day
Videos	10 up to category max
Health FYI Webinar	50 up to category max
Jumpstart prompts	10 up to category max
Reflection prompts	10 up to category max
Self-reported workout	5 per day
Light workout	5 per day
Gym workout	10 per day
Standard workout	10 per day
Advanced workout	15 per day
Athletic event & sports league	50 per day
Category maximum: 10,000 points	
Max one workout per day.	
We will award only the highest-level workout.	

Status

Status is determined by the number of points that you earn based on the activities in which you partake. There are four status levels: Bronze, Silver, Gold and Platinum.

Enjoy Bonus Bucks at each higher status.

BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

Primary Bonus Bucks	500	2,000	6,000
Spouse Bonus Bucks	250	1,000	2,000

Prevention

Primary & secondary clinical prevention activities to reduce/freeze health risk

Activity	Points per activity
Annual physical exam	250 once per year
Vision exam	200 once per year
CPR certification	125 once every two years
First aid certification	125 once every two years
Flu shot	200 once per year
COVID vaccine	200 once per lifetime
Tetanus vaccine	200 once every ten years
HPV vaccine	200 once per lifetime
Shingles vaccine	200 once per lifetime
Pneumonia vaccine	200 once per lifetime
Dental cleaning	400 twice per year
Breast cancer screening	400 once every two years
Cervical cancer screening	400 once every three years
Colon cancer screening	400 once every five years
Height and weight measures	125 once per year
Blood pressure measure	125 once per year
Blood glucose measure	125 once per year
Cholesterol measure	125 once per year
BMI outcome	1,000 once per year
Blood pressure outcome	600 once per year
Cholesterol outcome	600 once per year
Glucose outcome	600 once per year

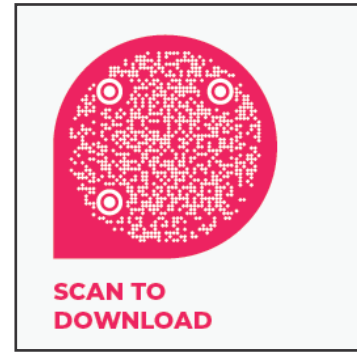
Additional Activities

Activity	Points per activity
Blood donation	50 twice per year
Teladoc registration	150 once per lifetime

Register for Vitality

1

Download **Power of Vitality** in the App Store or visit www.powerofvitality.com

A screenshot of the Vitality website's login page. At the top is the Vitality logo in red. Below it is the text "Hello!". A grey message box says "Your current session has ended.". There are two input fields: "Username" with a red border and a red underline, and "Password" with a red border and a "SHOW" link. Below the password field is a "Login" button in red. At the bottom, there is a link "First time logging in? Register now." which is circled in black. There are also links for "Forgot username?" and "Forgot password?".

2

Click **Register** to create your new Vitality account.

3

Follow the prompts for Registration.

- Use your legal first and last name and date of birth.
- Enter your **Insurance ID Number located on your ID Card** as the Primary Employee ID Number
- Create a password
 - 12+ characters, uppercase and lowercase letters, a number, and a special character
- Create security questions for future log-in troubleshooting.
- Provide an email or phone number

Need Help? Call Vitality Customer Care: 877.224.7117 Mon – Fri, 8am – 5pm (CST)



Know your health with the health assessment

When it comes to understanding how your lifestyle and habits contribute to your overall health, it can be helpful to take a step back to look at the big picture. That's where the health assessment comes in!



The health assessment is a confidential questionnaire focused on exploring your activity levels, daily nutrition, mental wellbeing, biometric measures and health concerns.



You'll be prompted to complete your health assessment within the app after you've registered and at the start of each new program year.



Completing the health assessment will give you an overall view of your health and lifestyle habits. It will also allow us to deliver a more personalized experience to help you achieve your wellbeing goals.

Questions? Contact us for more information at 877.224.7117 or wellness@powerofvitality.com.



Scan to download or open the Power of Vitality mobile app.



**Get connected.
Get rewarded.**

Connecting a device to your Power of Vitality account is an excellent way to earn points and rewards for your day-to-day activities, and it only takes a few steps!

How to connect a fitness device to the Power of Vitality app

- 1** Log in to your Power of Vitality mobile app and tap the profile icon.
- 2** Navigate to Apps and Devices under Settings to view compatible connections.
- 3** Select the device you want to connect for more details on which healthy activities will be tracked and awarded.
- 4** Follow instructions to log in with your device account information and share relevant data with Power of Vitality.

Remember to log into the Power of Vitality app at least once per week to sync your data and earn points for your fitness activities.



Scan to download or open the Power of Vitality mobile app.

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

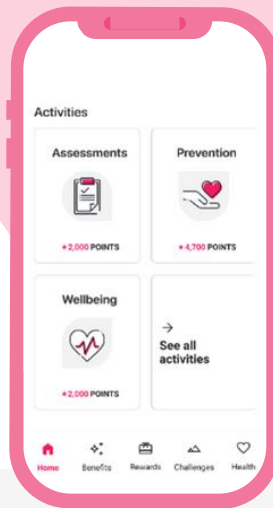


On the go?

Bring
Vitality
with you!

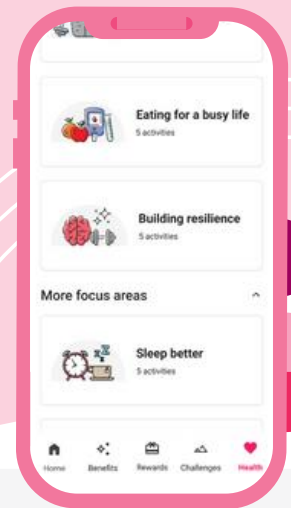


No matter where you are, stay connected with the Power of Vitality mobile app!



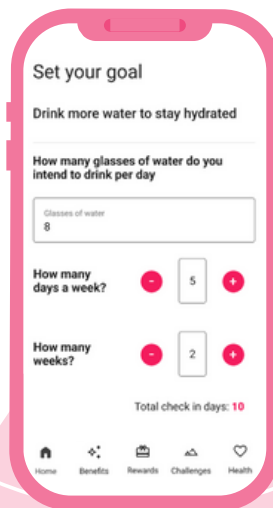
Check out **ACTIVITIES**

Scroll through to see all point-earning activities.



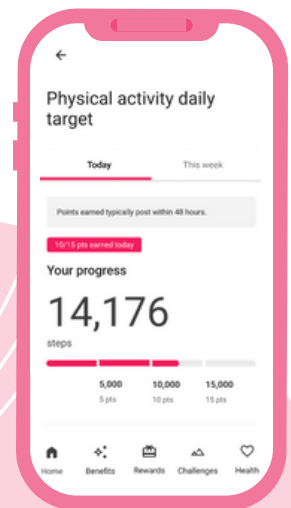
Explore **FOCUS AREAS**

See your personalized recommendations.



Tailor your **GOALS**

Set goals and check-in on your progress daily to earn



Track your **ACTIVITY**

View daily activity tracked from an app or device.



SCAN TO
DOWNLOAD



Reward yourself
with bucks!



Staying committed to your wellbeing milestones is a huge accomplishment - why not use your hard-earned bucks to celebrate?



Reward yourself for going the extra mile in achieving your goals with rewards. With gift cards for a wide variety of top fitness, travel, and lifestyle brands like **Amazon, Athleta, Adidas, and devices like Fitbit, Garmin and Polar**, there's something for everyone.



Remember, every point you earn with the Power of Vitality program moves you closer to a higher status and adds to your bucks balance, so sticking to your routine and completing healthy activities is rewarding in more ways than one!



View your bucks balance and browse the rewards options available to you.