



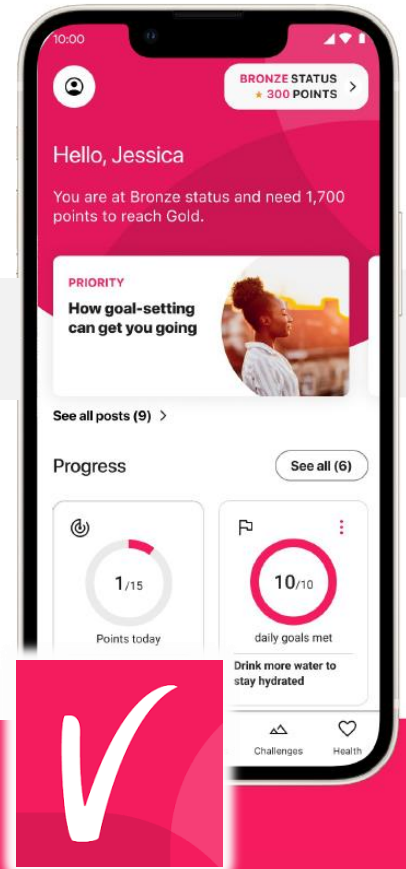
Powering up with Vitality

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 (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
 - Financial wellbeing score

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
- Questionnaire – 25pts each
- Tools & Logs – 25 pts each
- Goals Check-in – 5pts each
*up to 3 goals, earn 15 pts per day
- 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, 15 min at 60% at Max HR
Standard (10 pts): 10,000 steps, 200 calorie burn, 30 min at 60% Max HR
Advanced (15 pts): 15,000 steps, 300 calorie burn, 45 min at 60% Max HR

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 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 micro-assessments (*typically less than 5 questions*) 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