



# Coming in January!

Registration information will be sent via email.

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

Vitality's individual-focused approach considers your current overall health, lifestyle and health risk factors. Choose from, engage in and be rewarded for a wide variety of healthy activities – online education, physical activity, preventive care and more. Here's how the program works:



## VITALITY KICK START BONUS POINTS®

Your last Go365 status will turn into Vitality kickstart bonus points!

Bronze = 100 \* Silver = 250 \* Gold = 500 \* Platinum = 1000

You can expect to see your bonus points in your account within your first month of your registration. The Vitality program also has many points-earning activities – engage in as many as you can!



## VITALITY STATUS®

Vitality Status is a great way to track your progress and stay motivated. It's simple: As you earn more Vitality Points, you raise your Vitality Status. At Vitality you will begin at Bronze Vitality Status, but as you accrue Vitality Points, you'll go from Bronze to Silver to Gold to Platinum.



## REWARDS

In addition to increasing your Vitality Status with Vitality Points, you may also use those same points to reward yourself. Every Vitality Point you earn equates to one Vitality Buck! **Your bucks from Go365 will carry over up to 40,000! You can expect to see your rollover bucks in your account within the first month of your registration.**



## CONFIDENTIALITY

Now that you know the basics of the Vitality program, you're ready to begin and reap the benefits of healthier living. Please be assured that our members' privacy is a top priority at Vitality. We never share your personal health information with your employer or anyone else.

You make choices every day. Vitality makes it easier to make the healthy ones.



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 and Waivers section under your ACCOUNT 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.