



Beginning with the basics

Vitality is a comprehensive, interactive and personalized wellness program that makes it easy for you to make healthy choices. When you're healthy, you look better, feel better and enjoy a better quality of life overall.

Once you become a registered member of Vitality on the PowerofVitality.com, we encourage you to begin your Personal Pathway® toward better health by taking the Vitality Health Review™ (VHR) a quick, confidential questionnaire on your current health and lifestyle. Based on your answers, we calculate your Vitality Age® and offer ways to help you maintain or improve your health. After you take the VHR, you'll be ready to begin earning Vitality Points™, raise your Vitality Status® and be rewarded by achieving your healthiest life. Here's how it works:

Vitality Points

Vitality rewards your efforts to improve or maintain a healthy lifestyle. When you engage in health-related activities that we can track and measure, you will earn Vitality Points. There are a wide variety of Vitality activities designed to empower you with the tools necessary to reach your optimal health. Take some online nutrition courses, set your own health goal, exercise at a gym, use a fitness device linked to Vitality, or have regular medical screenings. There are many options, and we recommend that you each 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 increase your Vitality Status. You begin at Bronze Vitality Status by taking the VHR. As you accrue Vitality Points, you can increase your Vitality Status from Bronze to Silver to Gold to Platinum.

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.