



# Powering up with Vitality

The Vitality program has all kinds of healthy activities to inspire you to be the healthiest you can be for yourself, your friends and your family. Along the way, celebrate your accomplishments by earning Vitality Points® for the rewards you deserve.

## Begin your Personal Pathway™ to better health by:



**1. Registering at PowerofVitality.com.** It's quick and easy. Simply complete all the required fields and accept the terms and conditions.



**2. Downloading the Vitality Today® mobile app from your app store.** You'll use your PowerofVitality username and password to log in to the app.



**3. Taking the Vitality Health Review®** - a short, confidential assessment of your current health. Once completed, you'll get a detailed report of your overall health as well as your Vitality Age®, a great motivator that can also give you an idea on how to plan your pathway.

Register now at [PowerofVitality.com](https://PowerofVitality.com) or contact us for more information at 877.224.7117 or [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com).



Scan to download the Vitality Today mobile app.