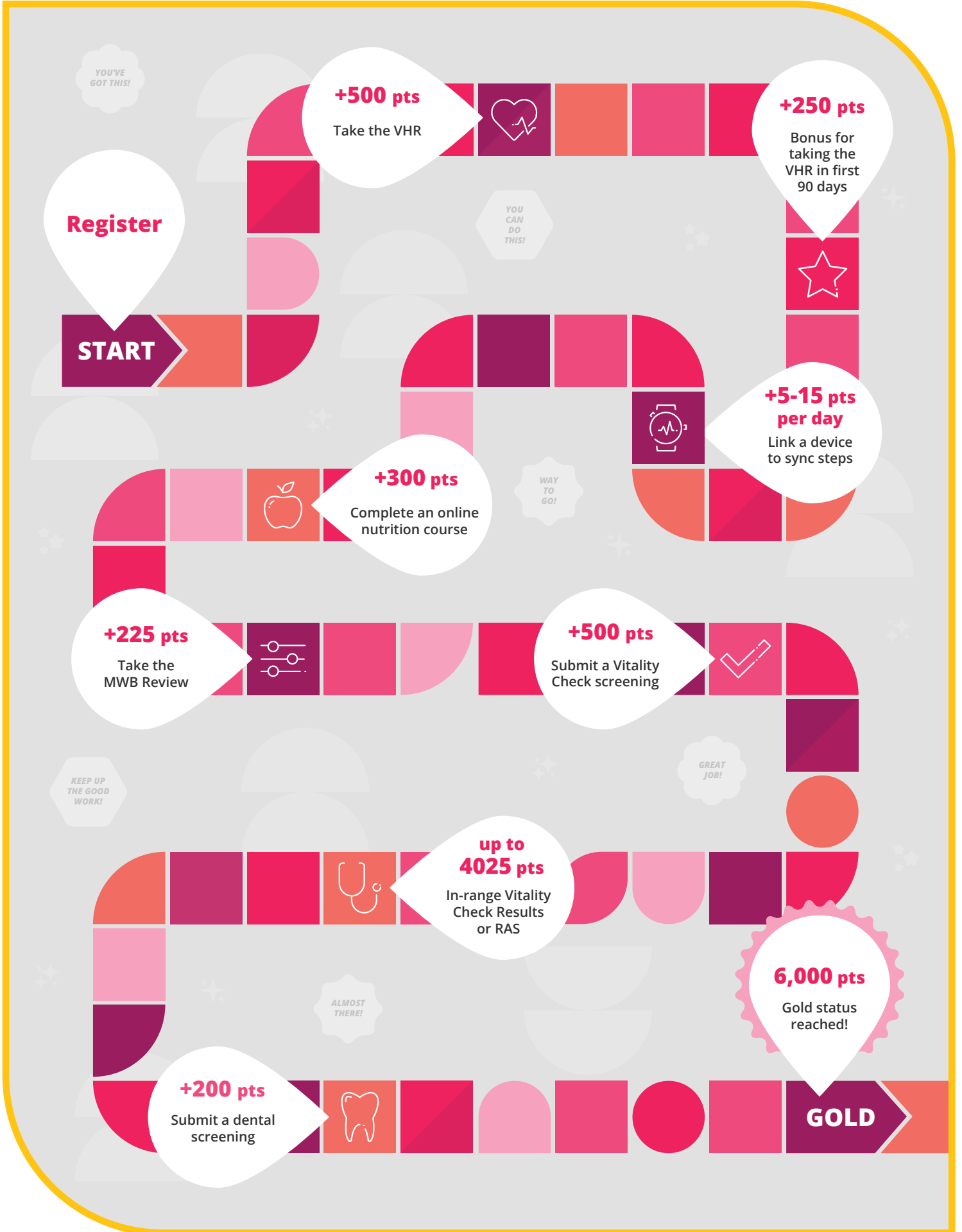


Plan your pathway to Gold

With Vitality, you're in control of your pathway to better health. The following example is meant to inspire you and help you plan.



BRONZE ★	SILVER ★	GOLD ★	PLATINUM ★
0 points	2,500 points	<u>6,000 points</u>	10,000 points

Visit the **Points Planner** to view all the opportunities available to earn Vitality Points.





Getting to Gold Vitality Status

ACTIVITY	POINTS
Take the Vitality Health Review (VHR)	500
VHR Bonus: First 90 days	250
Get connected to track your activity	5 – 15 pts/day
Complete a Nutrition Course	300
Complete the Mental Wellbeing Reviews	225
Submit a Vitality Check Screening	500
Additional Points for In-Range Vitality Check Results OR Completing the Reasonable Alternative Standard	up to 4,025
Submit a Dental Screening	200
TOTAL POINTS 6,000	



Visit the **Points Planner** to view all the opportunities available to earn Vitality Points.

