



SUBMITTING ACTIVITIES TO VITALITY

Submit activities using the Vitality program to earn points and increase your progress to reach a higher status.

- 1 Register your account at the www.PowerofVitality.com
- 2 Navigate to **'Account'** in the upper right corner of the website.
- 3 Hover, then click **'Forms and Waivers'** from the drop-down list.
- 4 From the selection list on the left-hand side, **choose the category of activity to submit for** (Athletic Event, CPR, First Aid, Gym Workout, Prevention, Self-reported Workout, Sports League, Vitality Check, or employer-specific activities).
- 5 After selecting the activity category, **select the type of activity** from the drop-down menu (if applicable).
- 6 For date of activity, select the **date your activity was completed** on the calendar.
- 7 **Add a file** or image as proof of completion.
- 8 **Check the statement of consent** box so Vitality can process your results.
- 9 **Click Submit!** You can also submit activities using the Vitality mobile app. Alternatively, you can email (wellness@powerofvitality.com) or fax (877.224.7110) your documents.
- 10 Check your Points Statement to confirm your Points were awarded (activities may take up to 24 hours to process and appear in the Points Statement).



**Scan to download
the Vitality Today mobile app!**