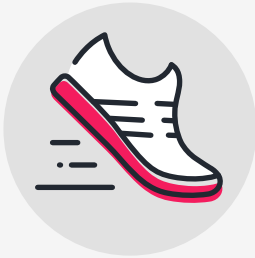




Level up to better health with Vitality

Vitality is more than just a wellness program. It's a 24/7 health resource that assesses where you are now and helps you reach higher for real change. Here's how it works



Plan and complete healthy activities that you enjoy



Earn Vitality Points[®] and increase your Vitality Status[®]



Get the rewards you deserve

WITH VITALITY YOU'RE IN CONTROL.

The Points Planner on PowerofVitality.com puts you in control of how you earn Vitality Points. Complete online education activities, check in on your goals, exercise and have regular medical screenings. With the Points Planner, you can choose any activity and "Act Now" or you can add it to your Personal Pathway[™] by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!

Need some help getting started? The Quick Points Planner asks a few questions on how active you are, and which status you'd like to achieve. Once you answer these questions you will instantly see a list of activities to help you reach your target status.

Login at PowerofVitality.com or contact us for more information at 877.224.7117 or wellness@powerofvitality.com.



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