



AS A VITALITY MEMBER YOU CAN EARN VITALITY POINTS® THROUGH:

Core Activities in the Education, Fitness, Prevention, and Healthy Living categories outlined below.

Personal Goals. In addition to the core activities, Vitality recommends goals for you based on information from sources such as your Health Risk Assessment and the results of your Vitality Check™ biometric screening. You will earn Vitality Points upon completion of the goals you activate and by participating in activities that help support your goal.

education

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Health Risk Assessment	500	500
First Step HRA*	500	500
HRA Bonus†	250	250
Health Tool(s)	75 each	300
CPR Certification	125	125
First Aid Certification	125	125
Update/Confirm Contact Information	50	50
Education Category Maximum: 1,500 Vitality Points		

*Once in a lifetime. Spouses (if applicable) receive 250 Vitality Points
 † To receive bonus, you must complete the HRA within the first 90 days of your Vitality program year.

fitness

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
VERIFIED WORKOUT: PARTNER HEALTH CLUB OR DEVICE		
Each Verified Workout	10/day	3,650
1 st Verified Workout of the week Mon - Sun	15 bonus/week	780
5 + Verified Workouts per week Mon - Sun	40 bonus/week	2,080
ORGANIZED WELLNESS ACTIVITIES		
Sports League*	350	—
Athletic Events* 1/day	Category 1: 250 Category 2: 350 Category 3: 500	—
FITNESS ASSESSMENT: COMPLETION & RESULTS		
Fitness Assessment†	400	800
Fitness Assessment Level	Level 1: 0 Level 2: 0 Level 3: 400 Level 4: 800 Level 5: 1,200	2,400
Fitness Category Maximum: 6,400 Vitality Points		

* Children of Vitality members can earn points for one Sports League or Athletic Event per year towards the Principal Member's maximum for the category.
 † Fitness Assessments must be completed 12 weeks apart.

prevention

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Health Screening*	400/screening	—
Dental Screening	200	200
Flu Shot†	200	200
Childhood Immunization†	400	400
VITALITY CHECK COMPLETION:		
Body Mass Index	125	125
Blood Glucose	125	125
Blood Pressure	125	125
Total Cholesterol	125	125
Cotinine Test	125	125
Prevention Category Maximum: 2,400 Vitality Points		

*Health screenings are subject to certain requirements and will appear on your Vitality Points Statement if they are applicable to you.
 † If applicable, each child can earn the maximum Vitality Points per year towards the Principal Member's maximum for the category.

healthy living

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Healthy Habits	5	—
Health Campus Course	400 each	800
Blood Donation	50	300
Disease & Maternity Management*	400 (enroll) 800 (complete)	1,200
VITALITY CHECK IN-RANGE RESULTS:		
Body Mass Index† (< 25 & ≥ 18.5)	1,000	1,000
Blood Glucose (< 100mg/dL)	600	600
Blood Pressure (diastolic < 80mmHg systolic < 120mmHg)	600	600
Total Cholesterol† (< 200mg/dL)	600	600
Cotinine Test (<10 ng/mL)	600	600
Healthy Living Category Maximum: 6,000 Vitality Points		

* If offered by your employer.
 † A BMI and total cholesterol measurement alternative is available.