



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 the Vitality Health Review™ (VHR) 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
Vitality Health Review	1,000	1,000
First Step Vitality Health Review*	500	500
Kids Health Review	75	See (!) below
Calculators (Health Tools)	125 each	500
CPR Certification	250	250
First Aid Certification	250	250
Update/Confirm Contact Information	125	125

Education Category Maximum: 3,000 Vitality Points

*Once in a lifetime for Principal Members who complete the Vitality Health Review for the first time ever.

†If applicable, each child can earn points once per year towards the Principal Member's maximum for the category.

fitness

ACTIVITY	VITALITY POINTS	MAX POINTS
VERIFIED WORKOUT: HEALTH CLUB OR DEVICE		
Each Verified Physical Activity	5/day	Max 20 points per day 140/week
Each Verified Workout	20/day	
1 st Verified Workout of the week Mon - Sun	20 bonus/week	20/week
5 th Verified Workout of the week Mon - Sun	40 bonus/week	40/week
ORGANIZED WELLNESS ACTIVITIES		
Sports League†	500	Unlimited*
Athletic Events†	500	Unlimited*
Group Fitness Series	500	Unlimited*
FITNESS ASSESSMENT: COMPLETION & RESULTS		
Fitness Assessment°	750	1,500/year
Fitness Assessment Level	Level 1: 0 Level 2: 1,000 Level 3: 2,000 Level 4: 3,000 Level 5: 3,000	6,000/year

Fitness Category Maximum: 10,000 Vitality Points

*Cannot exceed category maximum

†If applicable, each child can earn points once 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*	750	See (*) below
Dental Screening	200	200
Routine Physical	750	750
Flu Shot†	250	250
Childhood Immunizations†	400	See (!) below
VITALITY CHECK COMPLETION:		
Body Mass Index	125	125
Blood Glucose	125	125
Blood Pressure	125	125
Total Cholesterol	125	125
Cotinine Test (tobacco smoke exposure)	125	125

Prevention Category Maximum: 4,000 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 points once per year towards the Principal Member's maximum for the category.

healthy living

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Healthy Habits	5	5 per day per event
Courses	500 each	1,000
Blood Donation	125	750
UHC Maternity Care & Disease Mgmt programs	1,000 (enroll) 2,000 (complete)*	3,000
MENTAL WELL-BEING REVIEW		
What is My Psychological Well-Being?	75	75
Identified My Stressors	75	75
Identified My Social Support Network	75	75
How Resilient Am I?	75	75
VITALITY CHECK RESULTS:		
Body Mass Index†	< 25: 2,000 25.1 < 27.5: 1,000 27.6 < 29.9: 500	2,000
Blood Glucose (< 100mg/dL)	1,250	1,250
Blood Pressure (diastolic ≤ 80mmHg systolic ≤ 120mmHg)	1,250	1,250
Total Cholesterol† (< 200mg/dL)	1,250	1,250
Cotinine Test (< 10 ng/mL)	1,250	1,250

Healthy Living Category Maximum: 10,000 Vitality Points

*Applies to Disease Management only

†A BMI and total cholesterol measurement alternative is available.

Questions? Contact a Vitality Specialist at 877.224.7117 or email wellness@powerofvitality.com

If it is unreasonably difficult for you to earn points for any activity due to a medical condition or any other disability (or if it is medically inadvisable to do so), please log in to the Vitality website, navigate to Home > Earning Points and download the Vitality Accommodation Request Form.

Vitality is a comprehensive, interactive, and personalized wellness program that makes it easy for you to live your healthiest life!

The program helps you improve or maintain your health by giving you the knowledge and tools to establish and meet your health goals. When you participate in healthy activities, you'll feel great and you'll also earn Vitality Points that can be used for great rewards like home goods, electronics, fitness equipment, and more!

Explore all Vitality has to offer and see how easy it is to get started.

Get started

Once you've registered for Vitality, you're ready to get started! Complete the Vitality Health Review (VHR) to activate your account and begin earning points. When you complete the VHR, you'll also receive a personalized health report, plan, and goals based on your unique profile.

You'll feel great because you are achieving your health goals - and you'll earn Vitality Points!

Earn Vitality Points and Status

Earn Vitality Points for every Vitality activity completed and goal you achieve. As you increase your points, you'll also increase your Vitality Status. Start at Blue and move up to Bronze, Silver, Gold, and ultimately Platinum Vitality Status!

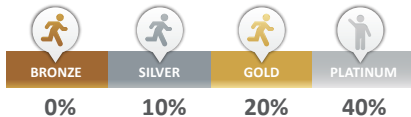
BLUE	BRONZE	SILVER	GOLD	PLATINUM	
NOT YET ACTIVE	COMPLETE VHR	12,000 PTS 18,000 PTS	17,000 PTS 27,000 PTS	22,000 PTS 36,000 PTS	One Adult Two Adults

Get Rewarded!

For every Vitality Point you earn, you will also earn a Vitality Buck, redeemable on the Vitality Mall for merchandise and other great rewards! Engage often and see your points add up quickly!

Shop the Vitality Mall!

The higher your Vitality Status, the greater your shopping discount!



Enjoy name-brands, including:



Play Vitality Squares!

Once each month you will have the opportunity to play Vitality Squares. Simply flip a square to reveal either something healthy or something not. The more healthy squares you flip, the greater your prize. Your Vitality Status determines how many squares of the total 12 you can put into play; the greater your status, the more squares you get to flip!

Receive a rebate

Vitality provides Wellness Rebates to make it even easier for you to participate in the program and earn Vitality Points! Based on your Vitality Status, you can earn rebates for non-partner gym memberships, smoking cessation initiatives and weight loss programs.

Take a vacation of your dreams!

Choose from thousands of travel options and locations. Looking to book your next hotel stay? Did you know that your Vitality Status earns you deep-dollar discounts at the following hotels:



Give back

Vitality has something for everyone—even the philanthropist in you. With the Vitality Charity storefront you can donate your Vitality Bucks for a great cause!

Reward your life

Increased energy, maintaining a healthy weight, sleeping better, feeling great and reducing your risk of chronic disease are just a few of the benefits of living a healthy lifestyle.

Please note: Vitality Mall redemption amounts and items are subject to change without notice.

VISIT WWW.POWEROFVITALITY.COM
FOR COMPLETE PROGRAM DETAILS.

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