



## Fuel your mind with Vitality Nutrition Courses



Learning the facts about using nutritious food to fuel your mind and body is an important step in cultivating a healthy lifestyle. To help you gain the knowledge and support you need to reach your health goals, Vitality offers plenty of online learning opportunities, including six educational nutrition courses covering a wide range of topics such as Eating to Boost Energy Levels, Achieving a Healthy Balanced Diet, and Healthy Eating in a Modern World.

### HOW TO EARN POINTS FOR VITALITY NUTRITION COURSES



Navigate to your Nutrition Courses page under Health Resources to view all available Nutrition Courses.



Each course contains multiple units that cover specific healthy eating topics. Once you have completed all 12 units within a course, you'll have the opportunity to take a knowledge assessment.



Earn 300 Vitality Points® for completing the assessment with a score of 75% or better. You're eligible to receive 900 Vitality Points from Nutrition Courses per program year.

Choosing the best and healthiest foods requires knowledge and support. Vitality's curated resources, sourced from verified health experts, help to simplify the process of finding reliable information and get you closer to earning a higher Vitality Status®.