



## Achieve a healthy balance with Vitality's Mental Wellbeing Reviews



Nurturing the connection between your mental and physical health can make a big difference in your overall wellbeing. To help you assess how to best care for your emotional health, Vitality offers Mental Wellbeing Reviews, comprised of three questionnaires that deep dive into your psychological wellbeing, long and short-term stressors, and social support network, resulting in personalized recommendations to keep your mental health top-of-mind.

### HOW TO EARN POINTS FOR MENTAL WELLBEING REVIEWS



Navigate to your Mental Wellbeing Reviews page under Health Resources to view all available Wellbeing Reviews.



Complete one, or all three, of the Mental Wellbeing Review questionnaires to receive your Vitality Points®. Each Mental Wellbeing Review is worth 75 Points. You may earn a maximum of 225 Vitality Points for Mental Wellbeing reviews per program year.

After you complete each review, Vitality will provide a comprehensive and confidential report that highlights the areas that positively affect and those that challenge your personal mental well-being.