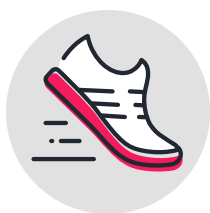




Create an action plan for your health with the Vitality Points Planner!



The Points Planner on the Vitality website categorizes the many activities for which you can earn Vitality Points® to reach your desired Vitality Status®. Whether you're engaging with Vitality by tracking your activity, submitting your health screenings, or completing online education, the Points Planner puts you in control of choosing, adding, and completing activities that inspire you by:



Understanding how many points each activity is worth.



Choosing to "ACT NOW" on an activity or selecting "ADD TO PATHWAY" to complete it later.



Viewing your progress in each category and the total points you've earned.

NEED SOME SUGGESTIONS?

The Quick Points Planner offers instant suggestions on points earning opportunities that will best help you achieve your health goals and reach the next Vitality Status. Just answer a few questions to receive a personalized plan, then decide which activities you'd like complete and add them to your pathway.