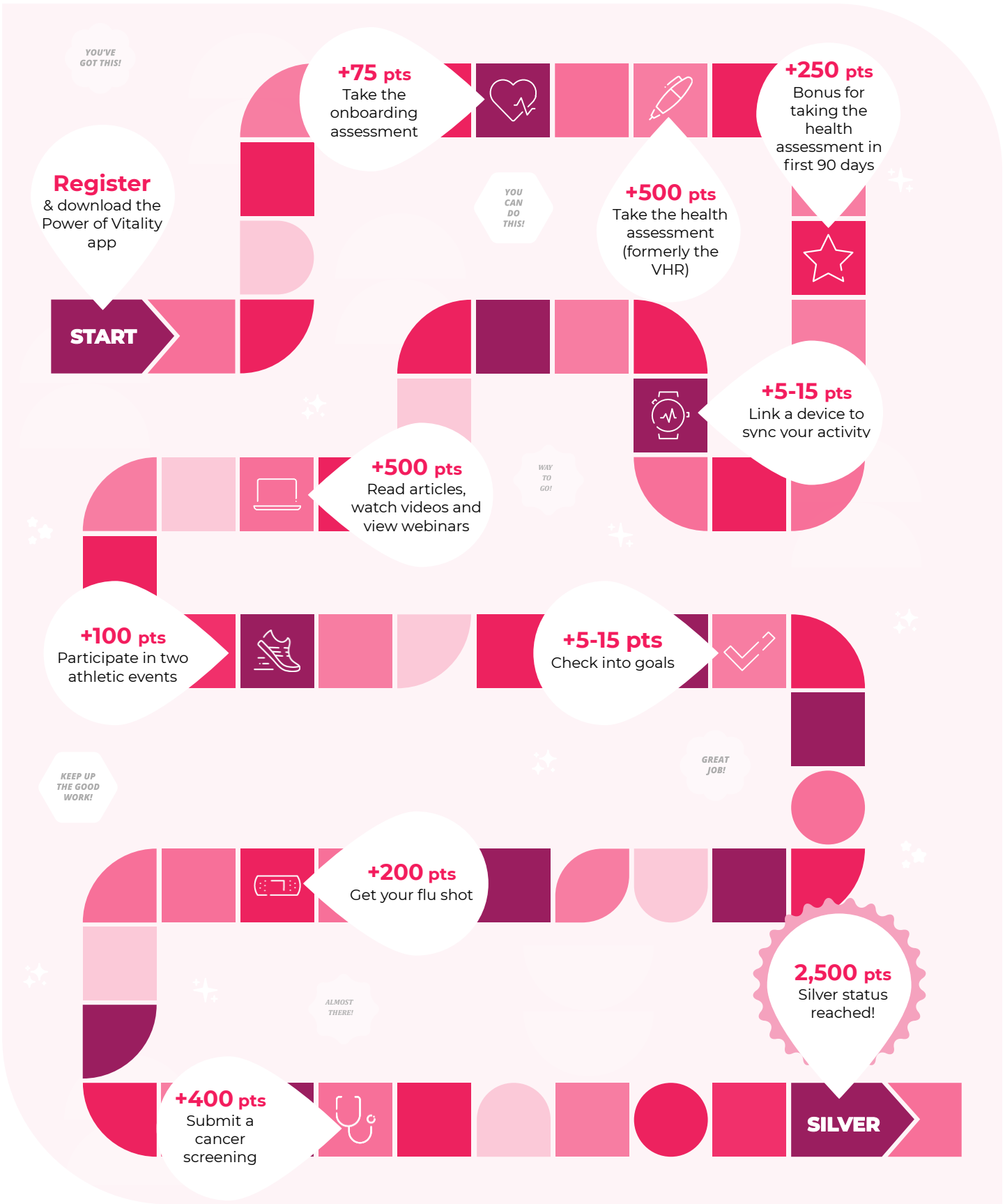


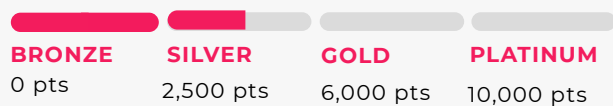
Your pathway to silver status

With Vitality, you're in control of your pathway to better health. The following is just one example of how you can achieve silver status.



Getting to silver status

Activity	Points
Take the onboarding assessment	75
Take the health assessment (formerly the VHR)	500
Health assessment bonus: First 90 days	250
Get connected to track your activity	5-15 per day
Read articles, watch videos and view webinars	500
Participate in two athletic events	100
Check into goals	5-15 per day
Get your flu shot	200
Submit a cancer screening	400



Total points | 2,500+

Vitality is committed to helping you achieve your healthiest life and all members who participate in our program are eligible for rewards. If for any reason, you think you are unable to complete an activity, you can still earn points from a reasonable alternative standard or in other areas of the program.

NEED HELP?

If you are looking for more information on the Power of Vitality program, please contact Vitality Customer Care for additional support.



Wellness@powerofvitality.com



877.224.7117 | M-F | 8 a.m. - 5 p.m. CT

Scan to download the
Power of Vitality app
to start earning points today!

