



Join the Journey to Well-Being

Be Well ... Serve Well

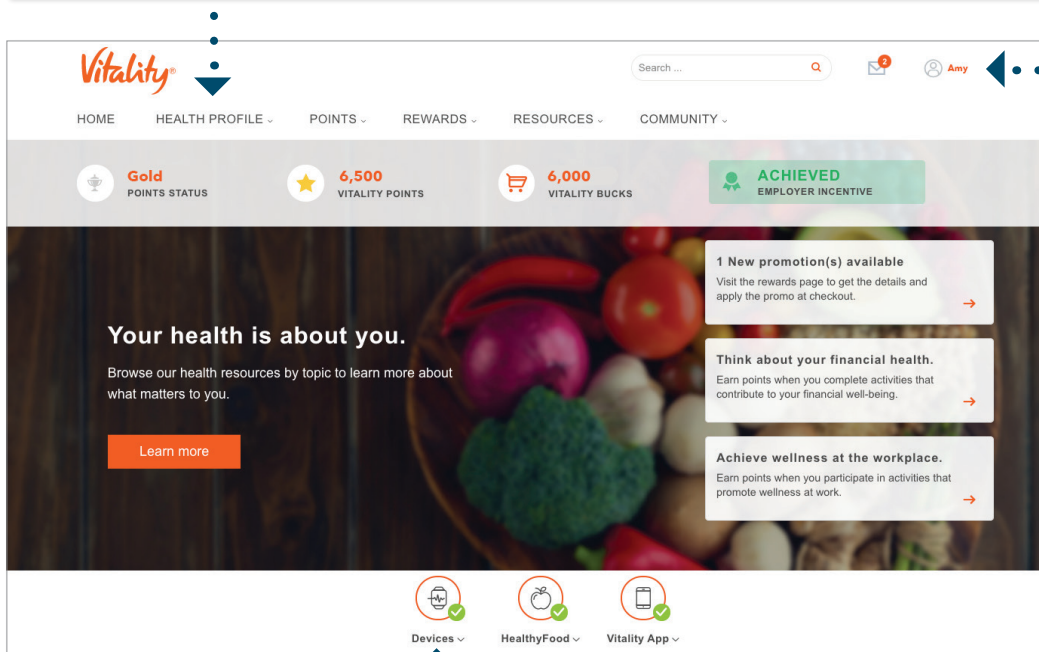
Vitality™ is a health and wellness program that integrates healthy activities and choices into daily life and provides personalized feedback. Church workers across the LCMS have taken the first step by registering with Vitality and discovering what it's all about. Members are already setting health and wellness goals, putting those goals into action and earning points for doing so—and they're liking it!

NAVIGATING THE VITALITY SITE

Know what you want to do but not sure where to go on the site? Here's a quick look at where to find things. Keep in mind... you don't have to visit every page. Go at your own pace, and explore the areas that interest you most. Because the healthier you are, the better you can serve.

KEY SECTIONS OF THE SITE

- **Health Profile:** View information about your health and set a goal (the site will recommend goals for you to make it easy).
- **Points:** Create your customized points plan and check your progress. You can select from more than 30 health-related activities, including exercising, checking in on your goals, receiving routine preventive care and participating in online education courses.
- **Rewards:** Get discounts (e.g., on fitness devices, healthy foods). You can also redeem points here.
- **Learning Center:** Find out what online education is offered (e.g., courses, webcasts) and how to start the learning process.



Submit documentation and enter self-reported workouts (you can enter up to two weeks of workouts at a time).

Sync your fitness device so you can earn points for being active without logging on to the Vitality site.

Choose Your Own Wellness Adventure

You get to choose what works for you. Not sure how to get going? It's easier than you think!

HAVE YOU REGISTERED WITH VITALITY?

Yes You've logged on to Vitality... now what? Start earning points! How you earn them is up to you. Here are a few ideas you might want to try.

No What are you waiting for? Register with Vitality at **PowerofVitality.com** to start your journey to well-being. When you log on, you'll be prompted to take the Vitality Health Review. It's easy and a great way to get started.



WANT TO SET A HEALTH AND WELLNESS GOAL?

Go to the Health Profile section and select Goals.

The goal-setting process is simple and guides you in creating targeted goals, such as cutting back on sugar or shaking that salt habit. After you set a goal, you'll get points just for checking in periodically! All you have to do is visit your goal and say a few words about how things are going.



LOOKING TO GET MORE EXERCISE?

Go to the Points section and select Points Planner and add a physical activity to your pathway.

From light workouts to standard and advanced, you can earn points no matter your fitness level. You can even earn points for participating in events and sports leagues.



TRYING TO EAT BETTER?

Go to Resources and start an online nutrition course. You can start and stop your course as you please, and pick up again where you left off.



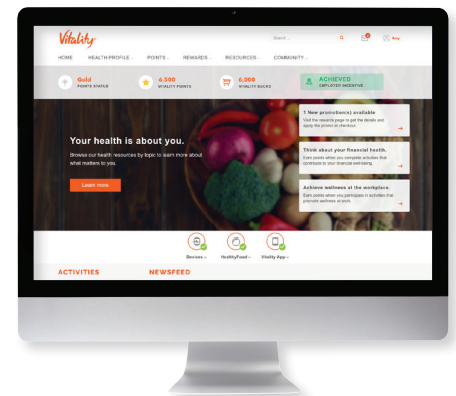
DO YOU HAVE A FITNESS DEVICE?

You may not want to log on to track your activities. The good news is there's a way to do it automatically—all you need is a fitness device.



THINKING OF JOINING A GYM?

You could get as much as a \$250 rebate to help pay for a gym membership. Go to the Learning center section



Yes Sync it! If you link your device to Vitality, you'll automatically get points when you reach 5,000, 10,000 or 15,000 steps a day.

No Complete the Vitality Health Review and you'll unlock a \$100 device subsidy reward that can be applied when you purchase a device through the Vitality website. After your purchase, be sure to link it to Vitality.