CONCORDIA PLAN SERVICES | Vitality



Are you missing out on these simple ways to **earn big Vitality Points?**

Submit proof online or on the Power of Vitality app.*

Prevention
- Annual Exams
- Health Screenings

Activity
- Step Goals
- Athletic Events

Financial
- One-on-One Education
- Group Education

Spiritual & Social
- Bible Study
- Counselor Visit

Certifications
- First Aid & CPR
- Mental Health First Aid

Learning
- Interactive Tools
- Health FYI Webcasts

Games & Goals
- Vitality Squares
- Goals Check-In

For more ways to earn Vitality Points, be sure to check out the Vitality website at **PowerofVitality.com**.

** Need help? Contact the Vitality Customer Care Line at 877-224-7117.*

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Your Gateway to Wellness

Vitality is here to support you on your wellness journey. You can earn points for healthy choices and can redeem them for cash rewards - you may already be doing activities that count! It only takes one to get started. Here's how:

1 REGISTER.

- Go to PowerofVitality.com. Click **First time logging in? Register now** to register.
- Download the Power of Vitality app.

2 COMPLETE HEALTH ASSESSMENT.

- Complete your Health Assessment to earn 500 points. If you finish within 90 days (new hires) or by March 31 (current members) you earn 250 bonus points.
- Go to **Earn Points - Assessment > Health Assessment.**

3 GET BIOMETRIC SCREENING.

- Earn up to 3,300 points for completing a biometric blood screening and basic health indicators check.
- Look in the **Prevention** category to schedule a free screening with Quest through Vitality.

The points you earn determine your Vitality status. After completing your assessment and screening, you'll likely have earned enough points to be at Silver Status!

BRONZE *0 PTS* | **SILVER** *2,500 PTS* | **GOLD** *6,000 PTS* | **PLATINUM** *10,000 PTS*

4 ENABLE.

Turn on notifications in the app and your phone settings to stay updated.

5 CONNECT.

Connect your compatible fitness app or device to earn points for steps and workouts. Go to **Profile > Settings > Apps and devices** to connect.

6 ENROLL.

Enroll in Active Rewards: Hit your weekly activity goal for a chance to win points or gift cards. Navigate to **Rewards > Active rewards** to get started.

Scan to download the app and get started.

Redeemed rewards are considered taxable income by the IRS and are reported to your employer for payroll tax processing.