



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

Submit proof online or on the Vitality Today 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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CONCORDIA PLANS