



Get healthy while earning cash rewards with Vitality.

Join Vitality and choose lots of easy ways to live a healthier life, all while earning points for the choices you make and redeeming those points for cash rewards. You may already be doing things that can earn you Vitality Points, and it only takes one activity to get started! Here's how to get going with Vitality.

1 GET REGISTERED.

- Go to PowerofVitality.com and click "First time logging in? Register now."
- Register.
- Vitality will validate your data and ask you to create a username and password.
- Accept the Terms & Conditions and select a security question and answer.

2 TAKE THE VITALITY HEALTH REVIEW.

This 10-minute questionnaire asks about your current lifestyle so Vitality knows where you're starting from in your wellness journey and provides a Vitality age.

- If the VHR doesn't appear when you log in, you can access it by hovering over "Health Profile" and clicking "Health Assessment."
- Complete your VHR to earn 500 points.
- Complete your VHR in the first 90 days (for newly hired employees) or by March 31 (for existing employees) and you'll get 250 bonus points.

3 GIVE YOURSELF A BIOMETRIC SCREENING.

The biometric screening is a comprehensive blood screening that helps you know your biometric numbers. You get points for each of the numbers you provide in your VC:

- BMI (earn up to 1,125 points).
- LDL/triglycerides/cholesterol (earn up to 725 points).
- Blood pressure (earn up to 725 points).
- Fasting glucose (earn up to 725 points).

Go to "Health Profile and click on "Biometric Screening."

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



SUBMIT PROOF OF ACTIVITY FOR POINTS.

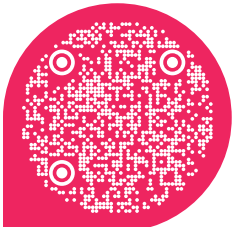
Do you do preventive exams — dental, vision, flu shot, mammogram, etc.? You get points if you submit proof of you exams. Do your kids participate in sports? You get points if you submit their team schedules. Have a fitness step tracker, like a Fitbit? Simple steps can earn you Vitality Points.

You also can earn points by enrolling and participating in wellness solutions, such as Livongo, Wonder, Omada, Virta and VSP, as well as participating in financial wellness activities.

- Online Education**
2,100 points available
- Challenges**
Points vary
- Spiritual Well-being**
2,320 points available
- Prevention**
Points vary

- Physical activity**
7,000 points available
- Certifications**
250 points available
- Coaching and Lifestyle Guidance**
4,000 points available
- Other Activities**
Points vary

- Goals**
1,550 points available
- Financial Wellness**
1,120 points available
- Health Management**
2,325 points available
- Weight Management**
Points vary



You get the picture — everything you do with Vitality is your choice and most everything you do goes toward earning you cash rewards. Register at PowerofVitality.com today!

SCAN TO GET STARTED.