

## Go for the Gold (CUWAA Vitality Promotion for 2023)



Let's go for the gold-  
Vitality Gold, that is!



Vitality statuses reset January 1, which make it a great time to set your goals for 2023! If you participated in Vitality last year, you received a kick-start bonus of 10% of last year's points. **We would like to challenge you to hit Gold status this year!** Each week in the newsletter we will include point-earning possibilities to help you **Go for Gold in 2023!!!**

## **Week 1**

Log into [powerofvitality.com](http://powerofvitality.com) and do your VHR for the year for 500 points!! **(Bonus:** If you do in the first 90 days, you earn an **additional** 250 points!)

## **Week 2:**

### **Let's set some goals!**

Log into Vitality and navigate to Goals. You can set one, or multiple goals simultaneously. Try to set a regular goal and one from the category "goals for unusual times." You can earn 30 points weekly for checking in by Sunday night. 1500 points are available annually for regular goals and an additional 1200 for the goals for unusual times!

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Let's keep that momentum going! If you've done your VHR, set your goals, and checked in , you already have 810 points for the year. You are almost 10% of the way to Gold Status!!!

## **Week 3**

Sync your FitBits/Apple Watches/Garmins/other apps or wearables. Once linked, you will automatically receive activity points for meeting workout criteria. (You will earn points simply walking around campus!) Earn 5-15 points for your daily workouts (or steps walked), up to 7000 points annually are available in the "Activity" point section.

Have a wearable but unsure how to link it? Navigate to [Powerofvitality.com](http://Powerofvitality.com), log in, select Resources from the Top Row, and then Guide to Vitality. Fitness Devices is one of the sidebar options, and includes instructions for linking various apps and wearables.

Don't have a wearable but want one? We've got you covered! Each year Vitality offers a 'Be Well-Serve Well' stipend. You will receive \$100 off a wearable purchased through Vitality's website (you must complete online VHR to receive stipend). There is also an Apple Watch promotion that allows you to earn an Apple Watch at no cost to you after activation charges.

PS. Now is also the time to sign up for the on-site Biometric screening (see the blog above).

Your wellness is a combination of physical, mental, spiritual and financial health. Vitality helps and rewards you in all four!

#### **Week 4**

Vitality Squares! Did you know each month you can get points just for playing an online game on [www.powerofvitality.com](http://www.powerofvitality.com)? Log online (on your computer or browser, not through your app) and navigate to Rewards, and then choose Vitality Squares. You can uncover healthy foods for Vitality points. As you increase your point status (bronze/silver/gold/platinum), you receive additional chances. Consider setting a reminder each month to go in and play. It's quick, it's free points, and it ensures you stay engaged with the website and your goals. Play today!!!

PS. Don't forget to sign up for the on-site Biometric screening (see the blog above).

#### **Week 5**

Join February's Steps and Stairs Challenge! (See blog post above) Earn points 3 ways for the same activity!

1. Daily activity/steps points
2. Set a "Steps" goal and check in weekly
3. Earn 100 points at the end of February for participating in the challenge.

#### **Week 6**

Spiritual wellness requires the same level of attention as the other pillars of health. Vitality awards 30 points weekly for attending Bible Study or leading Sunday School lessons. Snap a picture of your study or curriculum lesson and upload weekly!

Not currently part of a Bible study? CUW has two on campus that run during the school year. Pastor Smith runs a Tuesday noon study in the Terrace Room-come every week or join when your schedule allows! Darcy Pappé leads an early morning study, based on The Chosen, also on Tuesdays. At CUA, Pastor Duncan offers a summer Bible study-watch for details towards the end of the semester!

## **Wellness is a family affair!**

### **Week 7**

Want to double your points quickly? If your family is on your health plan, your spouse is eligible to use Vitality, and the points (and Vitality bucks) will pool with yours! They are also eligible for the annual fitness stipend (for \$100 towards Fitbits, Garmin, etc). Be sure they take advantage of everything Vitality has to offer to maximize their (and your!) points!

Additionally, there are activities for children that you can submit points for, including immunizations, participation in sports, and answering a Kids Health Review.

## **Know your numbers!**

### **Week 8**

Biometrics testing offers you the ability to amass a LOT of points very quickly-over 4,000 are available. If you did the Biometrics testing on the CUW campus two weeks ago, you should see the points you have earned in Vitality already. If you are on the CUAA campus, or didn't do the testing at CUW, you still have free testing options available.

Within Vitality, navigate to Resources/Guide to Vitality/Vitality Points/Vitality Check. There is a quick link that will pop up allowing you to schedule an appointment at a time convenient for you! (Or if you have the tests done with your doctor, be sure to get a printout of the numbers)

**Got your numbers, but not all your points?** Go to Points/Points Planner/Vitality Check. Each activity that you did not earn your full point level (for being within healthy range) provides an Reasonable Alternative Standard(RAS). Add to your points planner to enroll in the RAS' you would like to complete!

## **Challenge yourself, or join one sponsored by Concordia Plans or CUWAA!**

### **Week 9**

Throughout the year, Concordia Plans, Vitality and CUWAA will sponsor challenges that are focused on a particular area of health. Participants who engaged in the Stairs and Steps Challenge will receive an additional 100 Vitality points. In March, we will be starting a Couch to 5K Challenge. See blog post above for specifics!

If existing challenges don't resonate with you, create your own! Set a goal for something that is important to your well-being, develop a plan, and get after it! While there might not be "challenge" points assigned, you can earn points by checking in on your goals-and if it matches to something else Vitality gives points for, submit proof once completed. (If your challenge is to pay down debt, set a goal, make a plan, check in weekly, and if you meet with a financial educator, that is additional points!)

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As HR prepares to move the newsletter to a monthly format, we will continue to include weekly "to do" items to keep working toward gold status. Feel free to refer back throughout the month, or set an Outlook reminders each week for the items outlined below!

### **Week 10**

Do your mental health check-in for 225 points. Navigate to Health Profile/Vitality Review and scroll to Mental Well-Being Reviews. There are three short surveys to assess various components of mental wellness-each worth 75 points.

### **Week 11**

Have you gone to the dentist yet this year? If so, navigate to Health Profile/Vitality Review, select Prevention from the side-bar, and select the hyperlink for dental screening. Upload an EOB, medical record, proof of payment, or a completed Prevention Activity form (available from Vitality) to earn 200 points. If you haven't gone yet this year, note your calendar to submit for points once completed!

## **Week 12**

Parents-you are instrumental in developing healthy habits with your children and Vitality wants to reward you for it! You can earn up to 350 points per child for their completion of either a sports league, athletic event, practices or lessons. Navigate to Points/Points Planner and scroll down to Healthy Kids. As the spring sport season is underway, be sure to submit for your points!

## **Week 13**

Now that we are 25% of the way through 2023, how are you doing on your physical activity goals? Do your Physical Activity Review for 250 points. Navigate to Health Profile/Vitality Review and scroll to Physical Activity Reviews. Vitality will use your responses in conjunction with other items you have submitted points for, to create recommendations to help you meet your goals!

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How did your first quarter go?! Are you crushing your goals? Or looking for a reset? Vitality is here for you no matter where you are on your journey. To maximize your points, make sure you check in frequently and submit points often. Remember, in addition to points for physical activity, you can get weekly points for goal check-ins, attending Bible studies and having your spouse do the same! Here are some additional ideas to add to your points plan!

## **Week 14**

It's never too early to plan for retirement. During the week of Spring Break, CUW had our Concordia Plans Retirement Rep/Financial Educator on site. If you attended one of the presentations offered by Laura Scheer, navigate to the points planner in Vitality, scroll to Financial Wellness and select the box for "Attend Live Presentation." (If you attended via Zoom, that works too!) If you need assistance proving your attendance, let Sarah Gartman know, and she can get a list of attendees from Laura!

## **Week 15**

Spring has sprung (I mean...if not now...then when?!) Do you participate in a sports league? Did you know you can earn 350 points per league? To learn more, navigate to Resources/Guide to Vitality/Vitality Points/Physical Activity. There are dozens of types of sports leagues. See if yours qualifies!

## **Week 16**

Part of your Retirement Readiness is keeping your beneficiary designations up to date.

### **Earn 100 Vitality Points for updating your beneficiaries in two areas:**

- 1) Concordia Retirement Savings Plan (CRSP) and
- 2) Concordia Disability and Survivor Plan (CDSP)/Accidental Death and Dismemberment/Supplemental Life. This is done in the Concordia Plans portal.

To receive Vitality Points, submit proof that your beneficiaries are current: a photo or scanned copy of your Fidelity Beneficiaries screen, Portal Beneficiaries screen or Beneficiary Allocations page.

## **Week 17**

Take a nutrition course. Vitality offers 6 online courses to choose from. You can receive points for 3 per year (and each course is worth 300 points). Learn how to eat for weight management, healthy eating in a modern world, or how to achieve a healthy balanced diet. It's a great way to earn points while getting back to the basics of nutrition. Navigate to Resources/Health Resources/Nutrition Courses to get started. May is Mental Health Awareness Month, with a focus on destigmatizing mental illness and creating a support network for mental health services. The first half of the month, we will focus on mental health related items that can earn you points on your quest to Go For Gold!

## **Week 18**

Have you incorporated prioritizing mental health into your monthly Vitality goals? If not, now might be a great time to start. Vitality has 8 mental wellness goals available to choose from, ranging from stress management and calming routines to sleep and positive thinking. Check in weekly for 30 points. Try for the month of May and see how it impacts your overall mental wellbeing!

## **Week 19**

Did you know you can receive 100 points (up to 600 annually) for visiting with a licensed mental health professional? Simply submit a receipt, appointment confirmation or an explanation of benefits (EOB) to receive your points. Bonus: These points coincide with our EAP benefit of 6 free counseling visits. If you don't already have a counselor or therapist and would like one, talk to HR to get more information on the EAP.

## **Week 20**

The EAP offers a variety of wellness webinars. Navigate to your points planner in Vitality and scroll to Coaching and Lifestyle Guidance. The EAP Wellness Webcast link will take you to a different site, but you can register there for various webinars. To receive your certificate of completion, click "yes" when prompted during the seminar and submit the post survey. This can then be submitted to Vitality for 50 points (up to 600 available annually). The EAP offers about 2 monthly, on a variety of topics.

## **Week 21**

Run a 5K! Whether you are participating in the C25K Challenge or not, lace up those shoes and put on some miles! The event must be sanctioned by an organization recognized by Vitality. Submit your completed athletic event form and proof of completion at the event (options include official results with your name highlighted, an official certification of completion, or a copy of the event bib). There is no maximum as to how many you can run, but only one event per day will receive points, and there is a maximum of 7000 points allowed for physical activity points annually.

## **Week 22**

Let's not forget about prevention! If you are eligible, be sure to schedule your annual mammogram, pap smear and/or colonoscopy for the year. Submit results or an EOB for 400 points per screening.

Summer has arrived and with it comes all the fun Michigan and Wisconsin have to offer!!! Some of your goals may be easier to attain as the sun is out longer and the warmer temps encourage people to get out and move. Others may be more difficult as holidays, grad parties, weddings and vacations distract from routine. Planning your points helps you focus on what goals are important to you in this season (of the year and of your life!) Use Vitality to do what works for YOU as you go for GOLD!



### **Week 23**

Have you wanted to become CPR or First Aid Certified? Did you know that if you get certified, Vitality gives 125 points? And if you are recertified, submit your most recent results for points as well. Certification gives you the peace of mind, knowing you can help in an emergency.

### **Week 24**

Did you know you can receive 200 points (up to 800 annually) for blood donations? The American Red Cross noted there was a deficiency of 37,000 donations scheduled for the month of May compared to projected need. 1 hour is all it takes to help save a life!

### **Week 25**

Financial Literacy is just one more piece of the wellness puzzle. Concordia Plans and Vitality offer a host of resources to assist you in your financial goals. If you are setting a budget for the first time or want to make sure you are making the most of your finances, consider watching one (or all five) of the videos provided by Concordia Plans as a starting point. Each video is worth 20 points. Navigate to vitality/points planner/financial wellness and select the financial videos for instructions on watching and how to submit for points.

### **Week 26**

Did you do your biometric testing this year and have any of your numbers not be within a healthy range? Let's focus on those reasonable alternative standards (RAS). Navigate to Health Profile/Vitality Check and create a game plan for attaining RAS goals. You do not have to have perfect numbers in all categories to get points!