



Getting Started with **Vitality™**

With Vitality, getting motivated to live a healthier life is easy.

Getting started with Vitality is even easier with these three steps:

1) Get Registered

- Go to **PowerofVitality.com** and click "First time logging in? Register now."
- Fill in the following: First & last name, Date of birth, Email address
- Vitality validates your data, you'll be asked to create a username and password.
- Accept Terms & Conditions and select a security question and answer.

All done. Welcome – You're now a member of Vitality!!

2) Vitality Health Review (VHR)

This 10 minute questionnaire allows Vitality to begin determining your Vitality Age (or health age).

- If the VHR doesn't appear once you log in, you can access it by hovering over Health Profile on the blue menu bar, then click "Vitality Health Review"
- You get **500 points*** for completing this questionnaire.
- If you complete it by March 31 (existing employee) or in the first 90 days (new hire), you get a **bonus 250 points!**

**Points move up your Vitality Status and equal Vitality Bucks which can be used in the Vitality Mall to get gear, gift cards and more!*

Start

Bronze Status
0 – 2,499 points

3) Vitality Health Check

A Vitality Health Check is confidential blood screening that helps you know your numbers. Knowing your numbers means you know your risk for preventable conditions like diabetes, heart disease, metabolic syndrome and maybe more. Knowing your risk doesn't just mean you are able to take action to prevent or lessen the effects of a life changing condition but it can save you healthcare costs down the road (i.e., copays, medications, diagnostic procedures).

You can complete your Vitality Health Check in any of the following ways:

- An onsite screening hosted by your employer
- Visit your doctor's office and have them fill out Vitality's biometric form (available through your Vitality log in under Forms & Waivers or from your Wellness Champion)
- An appointment at your local Quest Diagnostic lab; sign up through your Vitality login

A Vitality Health Check includes and awards the following:

| Lab or Measurement | Points for completion | Points for Healthy Range | Possible Total |
|---|-----------------------|--------------------------|----------------|
| BMI | 125 | 1,000 | 1,125 |
| LDL/ Triglyceride/ Cholesterol | 125 | 600 | 725 |
| Blood pressure | 125 | 600 | 725 |
| Fasting Glucose | 125 | 600 | 725 |
| Total Points Possible for Vitality Health Check | | | 3,300 |

Your results are sent from Quest directly to Vitality to be awarded points. Because Quest and Vitality are contracted partners, the information is shared for the purpose for which it is defined. Both are bound by HIPAA and other privacy laws, therefore sharing of your information to other parties (including but not limited to your employer) is prohibited.

Next Steps: Make a Plan

No two people have the same health path which means no two people will have the same plan. Points can be accrued based on your lifestyle and what areas you want to improve. The more activities you do, the more you earn and the faster you climb to the next Vitality status! Use the Points Planner to make a plan to get more points, raise your Vitality status and improve your health!

Getting to the Points Planner:

- Log in
- Hover over "Points" on the blue menu bar
- Click "Points Planner"
- Hover over category of interest (i.e. physical activity) then click "Earn Points"
- Click "Act Now" to add a task to your Points Planner

Bronze Status
0 - 2,499 points

Silver Status
2,500 - 6,000
points