



BLUE	BRONZE	SILVER	GOLD	PLATINUM	
NOT YET ACTIVE	COMPLETE VHR	2,500 PTS 3,500 PTS	6,000 PTS 9,000 PTS	10,000 PTS 15,000 PTS	<b>One Adult</b> <b>Two Adults</b>

## AS A VITALITY MEMBER YOU CAN EARN VITALITY POINTS™ THROUGH:

**Core Activities** in the Education, Fitness, Prevention, and Healthy Living categories outlined below.

**Personal Goals.** In addition to the core activities, Vitality recommends goals for you based on information from sources such as the Vitality Health Review™ (VHR) and the results of your Vitality Check™ biometric screening. You will earn Vitality Points upon completion of the goals you activate and by participating in activities that help support your goal.

### education

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Vitality Health Review	500	500
First Step VHR*	500	500
VHR Bonus†	250	250
Calculators	75 each	300
CPR Certification	125	125
First Aid Certification	125	125
Update/Confirm Contact Information	50	50

**Education Category Maximum: 1,500 Vitality Points**

\*Once in a lifetime. Spouses (if applicable) receive 250 Vitality Points

† To receive bonus, you must complete the VHR within the first 90 days of your Vitality program year.

### fitness

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
<b>VERIFIED PHYSICAL ACTIVITY OR WORKOUT</b>		
Each Verified Physical Activity	5/day	Max 10 points per day 3,650
Each Verified Workout	10/day	
1 <sup>st</sup> Verified Workout of the week Mon - Sun	15 bonus/week	780
5 + Verified Workouts per week Mon - Sun	40 bonus/week	2,080
<b>ORGANIZED WELLNESS ACTIVITIES</b>		
Sports League	350	—
Athletic Events 1/day	Category 1: 250 Category 2: 350 Category 3: 500	—
<b>FITNESS ASSESSMENT: COMPLETION &amp; RESULTS</b>		
Fitness Assessment*	400	800
Fitness Assessment Level	Level 1: 0 Level 2: 0 Level 3: 400 Level 4: 800 Level 5: 1,200	2,400

**Fitness Category Maximum: 6,400 Vitality Points**

\*Fitness Assessments must be completed 12 weeks apart.

### prevention

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Health Screening*	400/screening	—
Dental Screening	200	200
Flu Shot†	200	200
<b>VITALITY CHECK COMPLETION:</b>		
Body Mass Index	125	125
Blood Glucose	125	125
Blood Pressure	125	125
Total Cholesterol	125	125
Cotinine Test† (tobacco smoke exposure)	125	125

**Prevention Category Maximum: 2,400 Vitality Points**

\*Health screenings are subject to certain requirements and will appear on your Vitality Points Statement if they are applicable to you.

† Not available from all Vitality Check partners

### healthy living

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
Healthy Habits	5	—
Blood Donation	50	300
<b>MENTAL WELL-BEING REVIEW</b>		
What is My Psychological Well-Being?	75	75
Identified My Stressors	75	75
Identified My Social Support Network	75	75
How Resilient Am I?	75	75
<b>NUTRITION COURSES</b>		
Achieve a Healthy Balanced Diet	300	300
Healthy Eating in a Modern World	300	300
Attain and Maintain a Varied Diet	300	300
<b>DISEASE MANAGEMENT*</b>		
Enrollment	400	400
Completion	200	200
Maintain Compliance	50/month	600
<b>MATERNITY MANAGEMENT*</b>		
Enrollment	400	400
Completion	800	800
<b>VITALITY CHECK IN-RANGE RESULTS:</b>		
Body Mass Index† (< 25 & ≥ 18.5)	1,000	1,000
Blood Glucose (< 100mg/dL)	600	600
Blood Pressure (diastolic < 80mmHg systolic < 120mmHg)	600	600
Total Cholesterol (< 200mg/dL)	600	600
Cotinine Test (<10 ng/mL)	600	600

**Healthy Living Category Maximum: 6,000 Vitality Points**

\*If offered by your employer.

†A BMI alternative is available.

VISIT [WWW.POWEROFVITALITY.COM](http://WWW.POWEROFVITALITY.COM) FOR COMPLETE PROGRAM DETAILS.

If it is unreasonably difficult for you to earn points for any activity due to a medical condition or any other disability (or if it is medically inadvisable to do so), please log in to the Vitality website, navigate to Home > Earning Points and download the Vitality Accommodation Request Form.

## Vitality and Amgen Integrated Fitness Activities and Point Values

FITNESS CATEGORY	Vitality Points	Corresponding Amgen-Eligible Activity	Yearly Max	Tracking		
Workout + 1st workout in wk: 5 <sup>th</sup> workout in wk:	10/day  15/wk 40/wk	<ul style="list-style-type: none"> <li>• 30 minute or more cardio/ gym work out</li> <li>• 30-minute or more strength building</li> <li>• Group Exercise Class (e.g., Yoga, Pilates)</li> <li>• 30-minute walk/run</li> <li>• Recreation (e.g., Ski, Bike, Swimming)</li> <li>• Walk to Wellness (W2W) daily walk/run</li> </ul> <p><i>W2W equates to a work-out and thus any additional work-out done in same day will not be points-eligible</i></p>	Category max of 6,400 points	<p>Workouts at onsite Amgen Fitness Centers will be automatically fed to Vitality on a monthly basis.</p> <p>Additional reporting options include:</p> <ul style="list-style-type: none"> <li>• Electronic upload via a Fitbug, Polar Heart Rate Monitor or App.</li> <li>• Self-report into Vitality's <i>My Health Journal</i>.</li> </ul>		
Organized Wellness Activity:  Group Fitness Series	350 pts	Complete any of the programs through the Amgen Fitness Center to receive 350 points: <ul style="list-style-type: none"> <li>• Walk to Wellness</li> <li>• SMART Weigh, HealthE Start, Biggest Winner</li> <li>• High Risk Interventions (Blood Pressure, Diabetes, Cholesterol)</li> </ul>		Reported by Amgen Fitness Center to Vitality in the month following completion.		
	35 pts for each seminar  Up to an annual max. of 350 pts	Attend <i>any</i> live or webcast Amgen wellness-related seminar/ workshop and earn up to 350 points per year. Some examples: <ul style="list-style-type: none"> <li>• Nutrition Solutions</li> <li>• Wellness Speaker/Presentation</li> <li>• Nutrition Masters</li> <li>• Work-Life Seminar</li> <li>• Wellness-related workshop from the Amgen Fitness Center or Affinity Group sponsored event.</li> </ul>		<ul style="list-style-type: none"> <li>• Self-report into Vitality's <i>My Health Journal</i>.</li> </ul>		
	350 pts	Active membership within one of the following formal Sports Leagues (that plays 8 or more games/ matches) qualifies for 350 points: <p>»Baseball    »Basketball    »Field Hockey  »Football    »Ice Hockey    »Lacrosse  »Soccer      »Softball      »Swimming  »Tennis      »Volleyball    »Water Polo  »Cross-Country Running</p>		<ul style="list-style-type: none"> <li>• Self-report into Vitality's <i>My Health Journal</i>.</li> </ul>		
Organized Wellness Activity:  Athletic Event	various	RUNNING/WALKING		For athletic events facilitated by Amgen, the Amgen Fitness Center will submit on your behalf.  Or, you may self-report into Vitality's <i>My Health Journal</i> .		
		Level 1	3K-9K		250 pts	
		Level 2	10K-20K		350 pts	
		Level 3	>20K		500 pts	
		TRIATHLON				
		Level 1	Super Sprint		250 pts	
		Level 2	Sprint		350 pts	
		Level 3	Olympic, ITU, Half or Full		500 pts	
		CYCLING				
		Level 1	10K-40K		250 pts	
		Level 2	41K-99K		350 pts	
		Level 3	>99K		500 pts	
Fitness Assessment*	400 pts	Completion of one of three approved fitness assessments completed in an Amgen Fitness Center or from a personal trainer through an outside gym	800 pts*  *12 wks apart	Upon completion of one of three approved fitness assessments, submit the completed <i>Vitality Fitness Assessment Form</i> to Vitality		
	various	FITNESS ASSESSMENT RESULTS			2,400 pts	
		Level 1				0 pts
		Level 2				0 pts
		Level 3				400 pts
		Level 4				800 pts
		Level 5				1200 pts
<b>FITNESS CATEGORY MAXIMUM: 6,400 POINTS MAXIMUM PER YEAR</b>						