



Phone: (877) 224-7117
 Fax: (877) 224-7110
 Email: wellness@powerofvitality.com

Qualifying Vitality Activities	Category
Alcohol Unit Calculator	Education
Target Heart Rate Calculator	Education
CPR Certification	Education
First Aid Certification	Education
Update / Confirm Contact Information	Education
Are You at Risk for a Heart Attack?	Education
Do You Have a Drinking Problem?	Education
Is Your Weight Increasing Your Health Risks?	Education
How Many Calories Did You Burn?	Education
Are You at Risk for Osteoporosis?	Education
Are you depressed?	Education
How Well Do You Bounce Back?	Education
What is Your Stress Level?	Education
Are You Ready to Quit Smoking?	Education
How Does Smoking Affect Your Lifespan?	Education
How Does Smoking Increase Your Risk of Heart Attack?	Education
How Much Is Smoking Costing You?	Education
From Embryo to Baby in 9 Months	Education
When Are You Most Fertile?	Education
Verified Workout - Smartphone	Fitness
Verified Workout - Non Partner Health Club	Fitness
Verified Workout - Partner Health Club	Fitness
Verified Workout - Heart Rate Monitor	Fitness
Verified Workout - Pedometer Workout	Fitness
Group Fitness Series	Fitness
Sports League - Organized Wellness Activity	Fitness
Athletic Event - Category 1	Fitness
Athletic Event - Category 2	Fitness
Athletic Event - Category 3	Fitness
Fitness Assessment	Fitness



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Complete the Heart Attack: Aspirin Conversation	Healthy Living
Complete the Getting Active Conversation	Healthy Living
Complete the Diabetes & A1c Conversation	Healthy Living
Complete the Quit Smoking Again Conversation	Healthy Living
Complete the Heart Attacks - Beta Blockers Conversation	Healthy Living
Complete the Healthy Eating Conversation	Healthy Living
Complete the Healthy Thinking Conversation	Healthy Living
Complete the Healthy Weight Conversation	Healthy Living
Complete Living Lean Course	Healthy Living
Complete Living Easy Course	Healthy Living
Complete Living Fit Course	Healthy Living
Complete Living Free Course	Healthy Living
Complete Living Smart Course	Healthy Living
Complete Living Well Course	Healthy Living
Enroll in a Maternity Management Program	Healthy Living
Enroll in a Disease Management Program	Healthy Living
Complete Disease Management Program	Healthy Living
Maintain Compliance in a Disease Management Program	Healthy Living
Complete the Blood Pressure Campaign	Healthy Living
Complete the Cholesterol Campaign	Healthy Living
Complete the Type II Diabetes Campaign	Healthy Living
Complete the Pre-Diabetes Campaign	Healthy Living
Complete the Stop Smoking Campaign	Healthy Living
Visit your physician to get an HbA1c blood test	Healthy Living
Routine Physical	Prevention
Vitality Check Completion	Prevention
Mammogram	Prevention
Flu Shots	Prevention
Pap Smear	Prevention
Prostate Screening	Prevention
Colorectal Screening	Prevention
Childhood Immunization	Prevention