



- HOME
- MY HEALTH PROFILE
- GET HEALTHY
- GET EDUCATED
- GET REWARDED

MY VITALITY POINTS STATEMENT

1,400

Total Vitality Points earned

1,100

Vitality Points required to reach Silver status

Earn your status



ACTIVITIES TO DO

COMPLETED ACTIVITIES

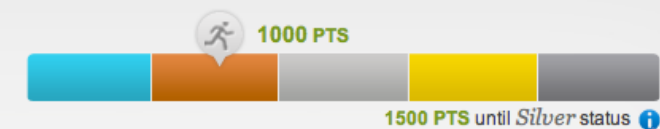
SUMMARY

- Education
- Prevention
- Fitness
- Healthy Living

| Category | Vitality Points earned by Gregory |
|-------------------------------------|-----------------------------------|
| Education | 1,400 |
| Prevention | |
| Fitness | |
| Healthy Living | |
| Personalized Activities | |
| Total Vitality Points Earned | 1,400 |

Please note the values under the Maximum column are not applicable to memberships that include children without a second adult member (spouse or partner). For memberships with a single adult, Vitality Points earned by children contribute toward the principal member's limits/maximum.

For a complete list of standard activities and their threshold, please see [lorem ipsum](#).



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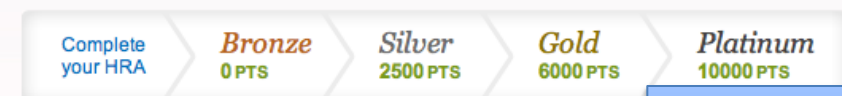
HOME > Points Statement

MY VITALITY POINTS STATEMENT

1,000

Total Vitality Points earned

Earn your status



Summary

- Education
- Prevention
- Fitness
- Healthy Living
- Personalized Activities

| Category | PATRICIA |
|----------------------------|-------------|
| Education | 1000 |
| Prevention | 0 |
| Fitness | 0 |
| Healthy Living | 0 |
| Personalized Activities | 0 |
| Total points earned | 1000 |

Shadow is messed up. Should be more gradual and not inside in the gray box – Currently the box is looking like the grey box is sinking down.

Needs rollover

Should not have breaks



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GET HEALTHY > Health Assessments

HEALTH ASSESSMENTS

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Fitness Assessment
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[MORE INFO](#)



Vitality Check
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[MORE INFO](#)



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[MORE INFO](#)



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[MORE INFO](#)



Tools

Is your weight increasing your health risks?

What is your stress level?

How well do you bounce back?



Videos

Healthy eating

Healthy weight

Healthy thinking

Being Actives



PDF Downloads

Health risk assessment

Weight reduction form

Verify weight & height form

Fitness assessment

BMI alternatives

Vitality check form



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GET HEALTHY > Fitness & Exercise

FITNESS & EXERCISE

Physical activity can help you feel energized, maintain a healthy weight and improve your mood! Vitality is here to help you start, maintain or even step-up your physical activity program! Vitality makes it easy. LEARN about activities you enjoy, participate and EARN points, and BENEFIT from feeling better and earning merchandise and other great rewards! So, ready to get moving? Choose one of the categories below to get started today!



More padding

Less padding



ATHLETIC EVENTS

Register for an Athletic Event today! You'll earn Vitality Points redeemable for merchandise and other great rewards!

[ATHLETIC EVENTS](#)



FITNESS DEVICES

If you enjoy walking, running or biking outside, a Fitness Device is a great tool to track and measure your physical activity!

[FITNESS DEVICES](#)



GROUP FITNESS SERIES

A Group Fitness Series may be coming soon to your location! It is a great way to have fun with your colleagues, get active and stay fit!

[GROUP FITNESS SERIES](#)



PARTNER HEALTH CLUBS

Vitality wants to help you to get to the gym! The Partner Health Club program improves access to gyms and health clubs and rewards regular use.

[PARTNER HEALTH CLUBS](#)



SPORTS LEAGUE

Are you a sports buff, weekend warrior or just like the social atmosphere and fun of a good game? If so, a Sports League can be a great way to stay active!

[SPORTS LEAGUE](#)



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GET HEALTHY > Health Assessments > Fitness Assessment

FITNESS ASSESSMENTS

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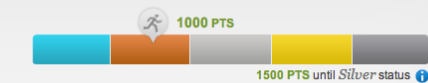
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PDF Downloads

[Health risk assessment](#)


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GET HEALTHY > Fitness & Exercise > Fitness Devices

LEARN

If you enjoy walking, running or biking outside or just like to have flexibility with your workouts, a Fitness Device is a great tool to track and measure your physical activity!

Vitality makes it easy to track and verify fitness activity with a variety of Fitness Devices. Whether it is a accelerometer, heart rate monitor or an iPhone app, there is a Fitness Device designed to meet your needs! In addition, you can track your success and you'll earn Vitality Points redeemable for merchandise and other great rewards!

- + FITBUG
- + POLAR HEART RATE MONITOR
- + TRAINING PEAKS
- + VITALITY ACTIVITY TRACKER™ APP

EARN

Are you interested in working out with a heart rate monitor, GPS or a accelerometer? If so, you can track your physical activity and earn a verified workout and Vitality Points, redeemable for merchandise and other great rewards!

The requirements for measurement of a verified workout vary on each device, but most are simple to set up and easy to download your activity! See each device for more information.

- + FITBUG
- + POLAR HEART RATE MONITOR
- + TRAININGPEAKS
- + VITALITY ACTIVITY TRACKER™ APP

BENEFIT

Using a Fitness Device is not only a great way to track and verify your activity in the Vitality program, but it can also be a helpful tool for establishing goals, measuring progress and maximizing your fitness potential. You'll also receive the numerous health benefits from getting active and staying fit! You can also earn Vitality Points that are redeemable on the Vitality Mall for everything from iTunes gift cards, stereos and televisions to vacation packages!

Fitbug Accelerometer

Vitality offers Fitbug Accelerometers for purchase using either Vitality Points or U.S. dollars. Click on the LEARN tab for more information about the Fitbug Accelerometer.

Polar Heart Rate Monitor

Vitality offers several Polar heart rate monitor models for purchase using either Vitality Points or U.S. dollars. Several other retailers also carry Polar heart rate monitors. If you wish to use the device to track your activity in Vitality, be sure to purchase a model compatible with Vitality. Click on the LEARN tab for a complete list.

The page title, “Fitness Devices”, should be the headline at the top of the page. “Learn”, “Earn” and “Benefit” should be styled like sub-headings. “Fitbug Accelerometer” and “Polar Heart Monitor” are styled as tertiary headings.



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GET HEALTHY > Health Assessments > Fitness Assessment

FITNESS ASSESSMENTS

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PDF Downloads

Health risk assessment



- HOME
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GET HEALTHY > Fitness & Exercise > Partner Health Club

LEARN

Many of us rely on health clubs and gyms to stay active. Whether it is an exercise class, weight training or a wide array of cardiovascular equipment, there is something for everyone. Health clubs are also great resources when the weather is less than ideal to exercise outside.

Vitality wants to help you to get to the gym! The Partner Health Club program improves access to gyms and health clubs and rewards regular use.

The program provides:

- Recognition of visits to the Partner Health Clubs to earn Vitality Points.
- Subsidy payments toward membership dues at Partner Health Clubs. For more information, view the [Vitality Partner Health Club Subsidy Chart](#).
- Discounted membership dues at some Partner Health Clubs. For more information, view the [Vitality Partner Health Club Dues Chart](#).

National Partner Health Clubs:



To nominate a gym to be added to our Health Club network, use the [Gym nominator](#).

EARN

Are you a member of a health club or thinking about joining one in your community? If so, you can earn Vitality Points for a Verified Workout each day you workout at a Vitality Partner Health Club. It's easy! The Partner Health Club records your attendance and sends the data to Vitality so you can record a Verified Workouts and earn Vitality Points, redeemable for merchandise and other great rewards!

Enrolling in the Partner Health Club Program

You must register your new or existing health club membership with Vitality to access the benefits of the Partner Health Club program.

If you do not wish, or are otherwise non eligible, to receive dues subsidies, you may still register your membership at a Vitality Partner Health Club to receive workout credits. An opt-out option will be presented upon registration.

If you are ready to enroll in the Vitality Partner Health Club program, click [here](#).

Please Note: You must first enroll in the Partner Health Club program to receive Vitality Points. In addition, please note the following terms and conditions.

[+ VITALITY PARTNER HEALTH CLUB REGISTRATION TERMS](#)

BENEFIT

Health clubs and gyms have something for everyone – exercise classes, weight training equipment and a wide array of cardiovascular equipment, just to name a few! They are also a great resource to stay active when the weather is less than ideal! If you work out at your health club regularly, you'll also receive the numerous health benefits from getting active and staying fit!

In addition to the great benefits listed above, you can also earn Vitality Points that are redeemable on the Vitality Mall for everything from iTunes gift cards, stereos and televisions to vacation packages! Vitality also provides great dues discounts and subsidies to make it easier for you to get to the gym!

Dues Discounts and Subsidies

Vitality also offers subsidies to members directly to their bank account through electronic funds transfer to reimburse towards Partner Health Club dues payments. In addition, some participating health clubs offer discounted membership rates to Vitality members to make the membership even more affordable.

Please Note: You must first enroll in the Partner Health Club program to receive Vitality Points. In addition, please note the following terms and conditions.

[+ OTHER IMPORTANT TERMS AND CONDITIONS FOR THE PARTNER](#)

[Vitality Partner Health Club Registration](#)

Needs to go to a new page

Should be transparent PNGs so that there is no white background on logos

Use primary link style, not style for links within copy blocks.



1250 PTS

400 PTS until Silver status ⓘ

HOME

MY HEALTH PROFILE

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GET HEALTHY > [Health Assessments](#) > [Fitness Assessment](#)

FITNESS ASSESSMENTS

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PDF Downloads

[Health risk assessment](#)


1000 PTS

1500 PTS until Silver status ⓘ

HOME

MY HEALTH PROFILE

GET HEALTHY

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GET HEALTHY > [Fitness & Exercise](#) > [Group Fitness Series](#)

LEARN

A Group Fitness Series may be coming soon to your location! It is a great way to have fun with your colleagues, get active and stay fit! Group Fitness Series can also provide support and encouragement to keep consistent with your exercise program.

Group Fitness Series is an employer-sponsored activity and includes classes such as:

- Aerobics
- Spinning
- Pilates
- Yoga
- Kickboxing

A Group Fitness Series may be coming to your workplace soon! In the meantime, do you have an idea for a Group Fitness Series or would you like to coordinate a class or program? If so, contact your employer Vitality representative.

Start a Group Fitness Series today – like all Vitality activities, you will earn Vitality Points redeemable for merchandise and other exciting rewards!

EARN

Does your employer organize yoga, aerobics or flexibility classes in your workplace? If so, you can join your colleagues to get fit and earn Vitality Points for a Group Fitness Series! To earn points, you must attend at least 10 classes and the classes must take place at your employer's worksite. The amount of Vitality Points varies depending on the type and length of the Group Fitness Series. You can earn Vitality Points for participating in multiple Group Fitness Series classes, subject to the maximum for physical activity and fitness.

A Group Fitness Series may be coming to your workplace soon! In the meantime, do you have an idea for a Group Fitness Series or would you like to coordinate a class or program? Contact your employer Vitality representative.

Once you sign up for a Group Fitness Series, your employer will track your participation and submit your completion to Vitality. It's that easy! If you are interested in participating, look for communications from your employer about these special classes.

Please Note: Workouts and exercise classes at a worksite health club do not qualify as a Group Fitness Series. Vitality must pre-approve a Group Fitness Series with your employer.

BENEFIT

Convenience, building camaraderie and having fun with your colleagues are all great benefits of participating in a Group Fitness Series at work! You'll also receive the numerous health benefits from getting active and staying fit! Support and encouragement from your colleagues also make Group Fitness Series classes a great way to stick with your fitness routine.

In addition to all of the great benefits above, you can also earn Vitality Points that are redeemable on the Vitality Mall for everything from iTunes gift cards, stereos and televisions to vacation packages!

Same formatting issues
as on previous pages



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FITNESS ASSESSMENTS

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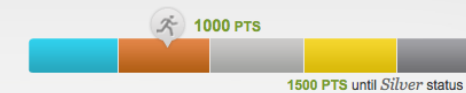
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PDF Downloads

Health risk assessment



HOME

MY HEALTH PROFILE

GET HEALTHY

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GET HEALTHY > Fitness & Exercise > Sports League

LEARN

Are you a sports buff, weekend warrior or just like the social atmosphere and fun of a good game? If so, a Sports League can be a great way to stay active and fit!

There are all types of Sports Leagues to choose from. Qualified Sports Leagues include:

- Baseball
- Basketball
- Field Hockey
- Football (includes Flag & Touch)
- Ice Hockey
- Lacrosse
- Running (cross country or other team format)
- Soccer
- Swimming
- Tennis (singles or doubles)
- Volleyball
- Water Polo

Ready to get in the game? Click on the EARN tab to learn how to earn Vitality Points for participating in a Sports League. You'll BENEFIT by feeling great and earning Vitality Points redeemable for merchandise and other great rewards!

EARN

Are you thinking about joining a sports league? If so, you can get active, have fun and earn Vitality Points redeemable for merchandise and other great rewards! There's nothing to lose!

A sports league does not need to be sponsored by your employer, but it does need to be a formal league operated by an independent organization that can be confirmed by Vitality. You can earn Vitality Points for participating in multiple Sports Leagues, subject to the maximum for physical activity and fitness.

Ready to get started? Click on the FORM link above for submission requirements, to learn more or to submit your Sports League to earn Vitality Points!

If you have additional questions about qualifying Sports Leagues, please contact a [Vitality Specialist](#).

BENEFIT

Camaraderie, friendly competition, fun and maybe even an expanded social network are all great benefits of Sports Leagues! Support and encouragement from your teammates also make Sports Leagues a great way to stick with an activity. You'll also receive the numerous health benefits from getting active and staying fit!

In addition to all of the great benefits above, you can also earn Vitality Points that are redeemable on the Vitality Mall for everything from iTunes gift cards, stereos and televisions to vacation packages!

PDF DOWNLOADS

2011 OWA Sports League

This shape is deformed and there is a second line under the arrow that should not be there

As per our discussioin we are ok with it being in the right side column.