

EARN VITALITY POINTS® AS YOU COMPLETE ACTIVITIES AND ACHIEVE YOUR WELLNESS GOALS.

Every point contributes toward your Vitality Status® and Vitality Bucks®. You'll receive one Vitality Buck for each Vitality Point earned.



AS A VITALITY MEMBER YOU CAN EARN POINTS THROUGH:

Core Activities. The charts here illustrate the Vitality core activities you can complete throughout your program year to earn points.

Vitality Goals. Vitality recommends goals for you based on information from sources such as your Health Risk Assessment and the results of your Vitality Check™ screening. You will earn points upon completion of the goals you activate and by participating in activities that help support your goal. Goal activities may include core activities and/or other activities not listed here.

MY PROFILE

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
HEALTH RISK ASSESSMENT		
Completion	500	500
First Step HRA*	500	500
HRA Bonus†	250	250
Confirm email address	50	50

* Receive the HRA bonus when you complete it within the first 90 days of the program year

GET EDUCATED

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
CALCULATORS		
15 Interactive Tools	75 each	300

GET HEALTHY >> MENTAL WELL-BEING REVIEW

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
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

GET HEALTHY >> FITNESS & EXERCISE

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
PARTNER HEALTH CLUB OR FITNESS DEVICE WORKOUTS		
Each Verified Physical Activity	5/day	Max 10 points per day 3,650
Each Verified Workout	10/day	
1 st Verified Workout of the week Mon - Sun	15 bonus/week	780
5 + Verified Workouts per week Mon - Sun	40 bonus/week	2,080
ORGANIZED WELLNESS ACTIVITIES		
Sports League	350	up to category max
Athletic Events 1/day	Category 1: 250 Category 2: 350 Category 3: 500	up to category max
FITNESS ASSESSMENT: COMPLETION & RESULTS		
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 Assessments must be completed 12 weeks apart.

GET HEALTHY >> VITALITY CHECK

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
VITALITY CHECK: COMPLETION		
Body Mass Index	125	125
Blood Glucose	125	125
Blood Pressure	125	125
Total Cholesterol	125	125

GET HEALTHY >> VITALITY CHECK

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
VITALITY CHECK: IN-RANGE RESULTS		
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

GET HEALTHY >> NUTRITION & HEALTHY EATING

ACTIVITY	VITALITY POINTS	MAX POINTS/YEAR
ONLINE COURSES		
Achieve a Healthy Balanced Diet	300	300
Healthy Eating in a Modern World	300	300
Attain and Maintain a Varied Diet	300	300

VISIT 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.