



# Live your life with Vitality

Whether you'd like to lose weight, become more active, improve your diet or simply maintain a healthy lifestyle, Vitality is right for you! It's easy to get started. Before you know it, you'll begin to make healthy choices a natural part of your everyday life and enjoy the benefits of a healthier lifestyle at work, at home and at play.

## Registration is easy

If you haven't registered yet, go to the [PowerofVitality.com](http://PowerofVitality.com) and in the middle of your screen click on "First time logging in? Register now."

1. Complete all the required (\*) fields:

- \*First name
- \*Last name
- \*Date of birth
- \*Email address
- \*Employee ID

**Please note:** We encourage you to provide your email address. Our having your email address on file provides our Customer Care team with a way to communicate with you if necessary, allows us to keep you informed about the program and different events and activities, and contributes to your successful Vitality experience.

2. Once we validate the data you provide, we will ask you to create a username and password.
3. Read and accept our Terms and Conditions.
4. Select and answer a security question.

**Congratulations!** You are now a member of Vitality and on your way to your healthiest life! Here are some of the key things that will help you get started.

## Vitality Health Review

The Vitality Health Review™ (VHR) is a brief, confidential questionnaire in which we ask you about your current health status, health results, activities, habits, nutrition, lifestyle and work and home lives. Doing so helps us to better understand where you are doing well and where you may need some help. We encourage you to take the VHR as soon as possible once you join the program.

## Vitality Age

From your responses in the VHR, we are able to calculate your Vitality Age®: a health risk-related age based on your lifestyle behaviors and clinical measures. It presents health risks as years "lost" or "gained" compared to your chronological age. Your Vitality Age is intended to inform and motivate you.

## Points Planner

Throughout your journey toward better health as you complete healthy activities, you will earn Vitality Points™. As you increase the number of points you've earned, you can increase your Vitality Status®. The Points Planner – located on the [PowerofVitality.com](http://PowerofVitality.com) – offers a variety of points-earning activities in various categories. Select a category that interests you and review the activities available in it. You can choose any activity and "Act Now," or you can add it to your Personal Pathway by selecting "Add to Pathway" and do it later.

You may also use the Quick Points Planner if you're looking for suggestions on how to get started. Choose the Vitality Status you'd like to achieve, answer a few questions and we'll show you activities in which you can engage to get there.

Vitality is committed to helping you achieve your healthiest life, and offers rewards to all members who participate in our wellness program. If for any reason, you think you are unable to meet an outcome or activity-based standard or its reasonable alternative under Vitality, please consult with your physician who can evaluate your capabilities and determine whether or not you need to complete and submit a waiver. Prior to meeting with your physician, please visit the Forms and Waivers section under your ACCOUNT on the Vitality website to download the applicable waiver. If necessary, complete your portion of it, have your physician complete his or her portion of it and then submit it to Vitality.

[PowerofVitality.com](http://PowerofVitality.com)