



Live your life with Vitality

Today, you have the opportunity to change your life and embark on your own Personal Pathway[®] toward your best health ever. Today, you can register to engage in Vitality: a comprehensive, interactive and personalized wellness program that helps you make healthy choices.

To activate your Vitality account, log in to the PowerofVitality.com and complete the registration process. Once you do, we encourage you to take the Vitality Health Review[™], a confidential online questionnaire about your current health and lifestyle that helps Vitality compute your Vitality Age[®] and suggest Goals for you.

Log in to the Vitality website and complete the VHR today!



PowerofVitality.com

This message was created and administered by your employer and powered by Vitality where your privacy is a top priority. Vitality maintains the highest level of confidentiality with all of the information they receive from their members.

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How to earn Vitality Points:

VITALITY ACTIVITIES

The charts below show the Vitality Points™ value of many activities available. Points shown are for an individual member in a program year.

POINTS PLANNER

The Points Planner under the Points tab on the Vitality website features tiles with all the categories in which you can earn Vitality Points. Choose the categories in which you are interested. Each houses activities that you can complete and shows how many points are available to you in that category. It's an interactive way to plan your Personal Pathway to better health.

How to achieve Vitality Status:

VITALITY STATUS

Vitality Status is determined by the number of Vitality Points that you earn based on the activities in which you partake. There are four Vitality Status levels: Bronze, Silver, Gold and Platinum.

BRONZE	SILVER	GOLD	PLATINUM	
0 pts	2,000 pts	4,000 pts	7,000 pts	1 Adult

All you need to know about earning Vitality Points and achieving Vitality Status is available in the Guide to Vitality on PowerofVitality.com.

WAYS TO EARN VITALITY POINTS

VITALITY REVIEWS

Activity	Points	Frequency
Vitality Health Review™ (VHR)	500	Once per year
VHR bonus: First 90 days	250	Once per year
Mental Well-being Review	75 per review	Three per year
Physical Activity Review	250	Once per year

PHYSICAL ACTIVITY

Activity	Points	Frequency
Self-reported workout	5	Once per day
Light workout	5	Once per day
Standard workout	10	Once per day
Advanced workout	15	Once per day
Sports league	350	Up to category max
Athletic event: level 1	250	Up to category max
Athletic event: level 2	350	Up to category max
Athletic event: level 3	500	Up to category max
Workout milestone bonus	varies	Up to category max

Category maximum: 7,000 points

Max one workout per day. We will award only the highest level workout.

GOALS

Activity	Points	Frequency
Goals check in	30 maximum	Once per week

ONLINE EDUCATION

Activity	Points	Frequency
Interactive tools	75/calculator	Four per year
Online nutrition online courses	300/course	Three per year
ActionSets/Decision Points	50 each	Six per year
Health FYI Webcasts	50/webcast	Twelve per year

OTHER ACTIVITIES

Activity	Points	Frequency
Vitality Squares™	varies	Once per month

Student-sponsored activity

Opportunities to earn points through BCM LIFE will be announced throughout the year.

Vitality is committed to helping members achieve their healthiest lives, and offers rewards to all members who participate in our wellness program. If for any reason, a member is unable to meet an outcome or health-contingent activity standard or its reasonable alternative under Vitality, a medical waiver is available.