



CREATE YOUR  
**PERSONAL  
PATHWAY**  
TO BETTER HEALTH

# ON MY PATHWAY

I set goals that motivate me

## Create a personal Vitality goal and achieve results

Goals available through Vitality allow you to set your own objectives, establish a timeline for achieving them, and earn a maximum of 30 Vitality Points™ each week when you check in on them. Vitality will make goal recommendations based on your health profile or you can choose one or several goals that inspire you on your Personal Pathway™ to better health including:

- Revving up your workouts
- Avoiding smoking triggers
- Reducing your debt
- Shaking the salt habit ... and more



## With you every step of the way

Upon setting a goal, a welcome message will appear in your Vitality website inbox followed by Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress. Look for expert tips and encouragement to address any obstacles you might be facing over a four-week period.

Log in to the website for more details.  
Health Profile > Goals

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