



Vitality Health Review

Start a healthier life with what you know

The Vitality Health Review (VHR) is a confidential online questionnaire available on the Power of Vitality website or the Vitality Today mobile app that can help you assess your current health and help us understand your goals. It only takes 10 to 15 minutes and you'll be asked questions about your physical activity, diet, stress levels and more.



When you complete your VHR, we will reveal your Vitality Age. This shows where you are doing well and where you need to make improvements to live a healthier life.

Vitality recommends that you take the VHR as soon as soon as you're eligible for the program or when your program year renews. You'll receive 500 Vitality Points for completing it, and an additional 250 points if you complete it within 90 days of eligibility.



“The reviews and assessments have been useful in making a self-evaluation on where I have been succeeding and where I need to improve.”

– Rowena V., Vitality member.