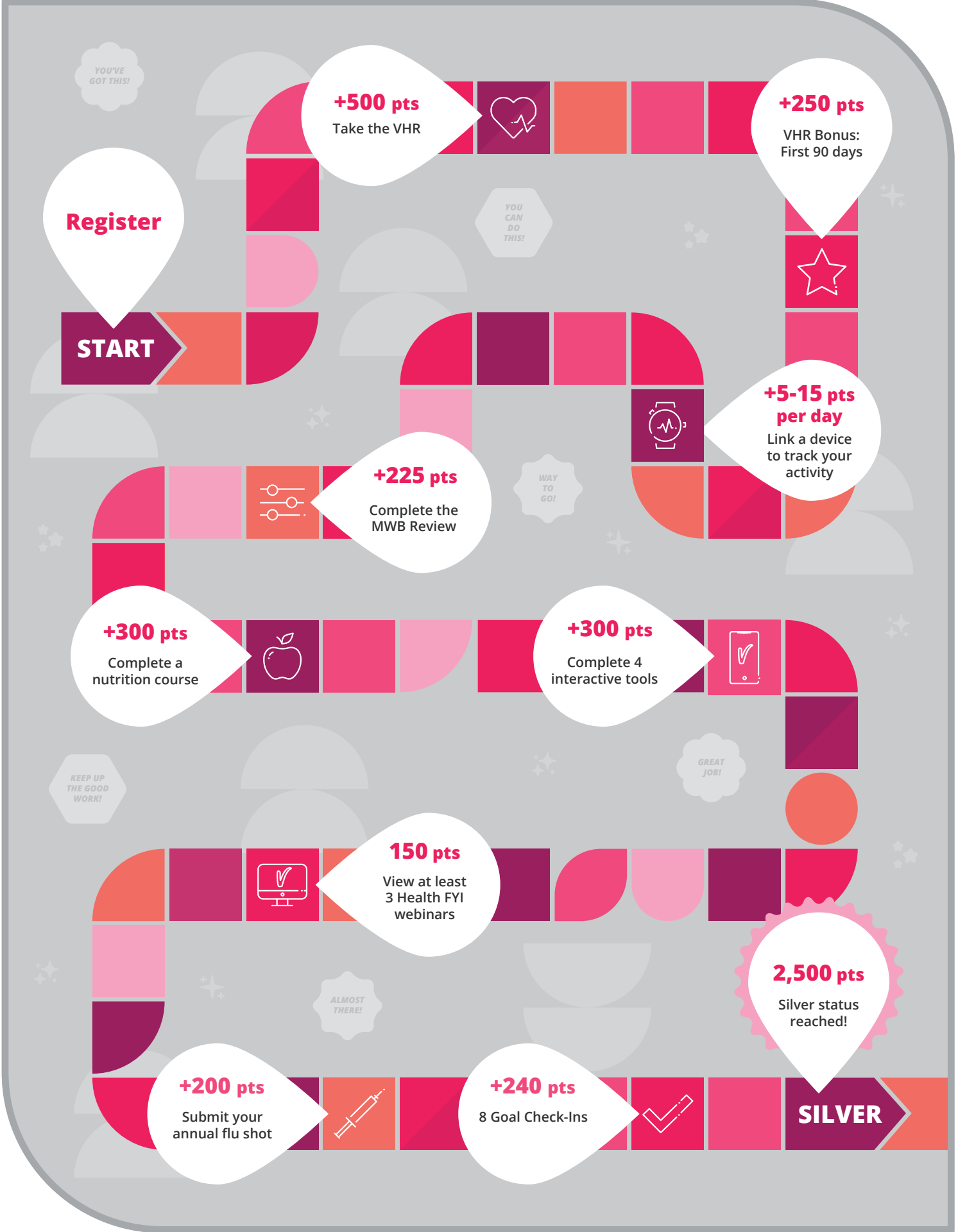


Plan your pathway to Silver

With Vitality, you're in control of your pathway to better health. The following example is meant to inspire you and help you plan.



Visit the **Points Planner** to view all the opportunities available to earn Vitality Points.





Getting to Silver Vitality Status

ACTIVITY	POINTS
Take the Vitality Health Review (VHR)	500
VHR Bonus: First 90 days	250
Link a device to track your activity	5 – 15 pts/day
Complete the Mental Well-being Review (MWB)	225
Complete a nutrition course	300
Complete 4 interactive tools	300
View at least 3 Health FYI webinars	150
Submit your annual flu shot	200
8 Goal Check-Ins	240
TOTAL POINTS 2,500	



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