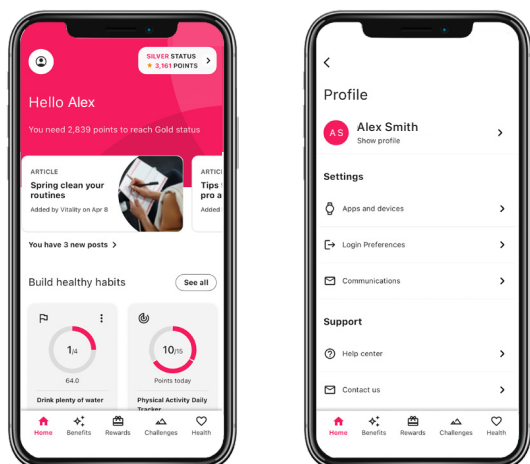
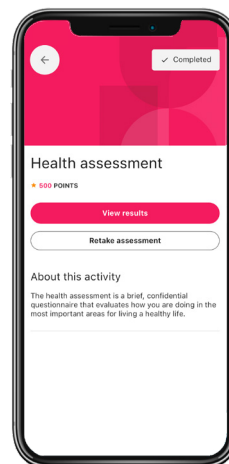


The Power of Vitality program has tools and resources to help you build healthy habits and stay dedicated to your routines. You can achieve long-term results and earn points toward a higher status by staying engaged and completing activities. Use this quick-start guide to begin your journey to a healthier you today!



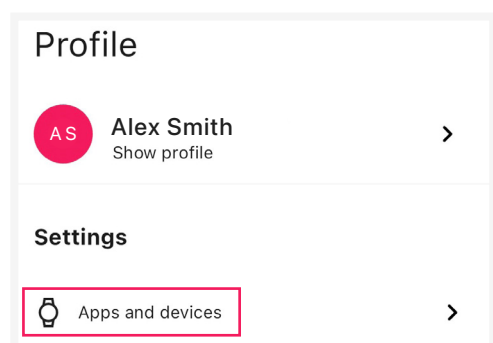
DOWNLOAD THE APP & REGISTER

To get started, download the Power of Vitality app from your phone's app store and follow the prompts to complete your registration.



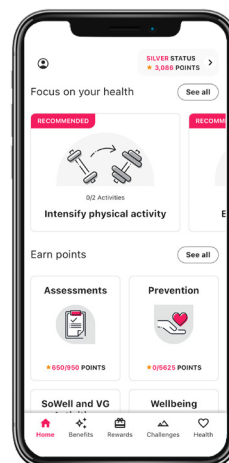
PERSONALIZE YOUR EXPERIENCE

Complete the onboarding and health assessments to earn your first points and personalize the program to your current lifestyle habits and future health goals. To complete the health assessment, navigate to Earn points > Assessments.



LINK A FITNESS DEVICE OR APP

You can earn up to 15 points per day for completing verified workouts. To link a compatible fitness device or app to Power of Vitality, navigate to Profile > Apps and devices.



EXPLORE & FIND YOUR FOCUS

Explore your Power of Vitality homepage and navigation bar to get familiar with the learning and point-earning opportunities available to you. The 'Focus on your health' and 'Earn points' sections are great places to start!

Completing activities is a great way to stay healthy and increase your status to earn richer rewards. The following point-earning activities can be found by navigating to the 'Earn points' section of your account homepage.



ASSESSMENTS

Assessments help you further understand your health risks, needs and barriers, allowing you to get the most out of the program.

- Health assessment
- Physical activity assessment
- Healthy eating assessment
- Financial wellbeing assessment
- Muscle and joint health assessment
- Caregiver assessment
- Mental wellbeing assessment



PREVENTION

Reduce or freeze your health risks by staying up-to-date with prevention activities.

- Biometric screening
- Dental cleaning
- Tetanus vaccine
- HPV vaccine
- Shingles vaccine
- Pneumonia vaccine



WELLBEING

Engage in online education and physical activity to nurture your mind and body and earn points toward a higher status.

Articles



★10 POINTS EACH

Education on a variety of topics, including health risks and healthy habits.

Earn 10 points for each article you read.

Fitness activities



★50 POINTS EACH

Earn points for participating in sanctioned athletic events or sports leagues.

Earn 50 points per fitness activity.

Goal trackers



★5-15 POINTS PER DAY

Set a personal goal to improve your mental, physical, social or financial health and stay on track by checking in regularly.

Earn 5 points per day that you check in on your active goal. You can earn points for checking in on up to 3 goals each day, for 15 total points per day.

Jumpstart prompts



★10 POINTS EACH

A motivational tool to help you understand your current mindset and how to make progress with your physical and mental health.

Earn 10 points for each activity completed.

Reflection prompts



★10 POINTS EACH

A journaling tool to help you reflect on your current lifestyle habits and inspire you to take action where needed.

Earn 10 points for each activity completed.

Videos



★10 POINTS EACH

Watch videos on important health topics that are relevant to your health goals.

Earn 10 points for watching.

Webinars



★50 POINTS EACH

Participate in year-round learning with Health FYIs to make health and wellbeing easy and fun.

Earn 50 points for watching.

Workouts



★5-15 POINTS PER DAY

Earn daily points by connecting a compatible fitness app or device, logging gym visits or submitting self-reporting workouts.

Workouts consist of three levels:

- Light – 5 points
- Standard – 10 points
- Advanced – 15 points

You can record multiple workouts each day, but points will only be awarded for the highest point-earning workout.