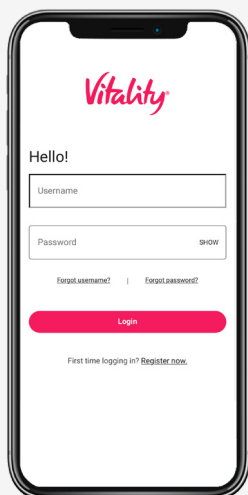
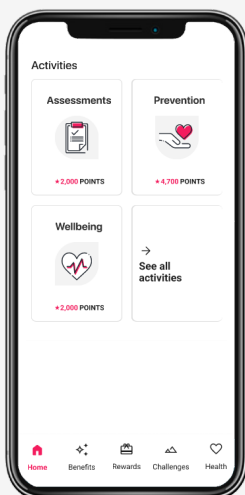


Be positively proactive with prevention

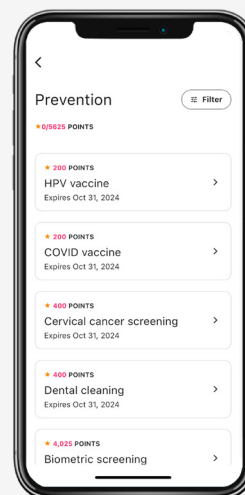
Managing your health with preventive services and good lifestyle habits is key to living healthier and preventing disease. Here's how you can get started!



1
Log into the Power of Vitality website or mobile app

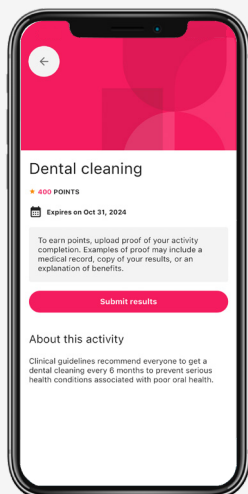


2
Scroll down to ACTIVITIES and select PREVENTION

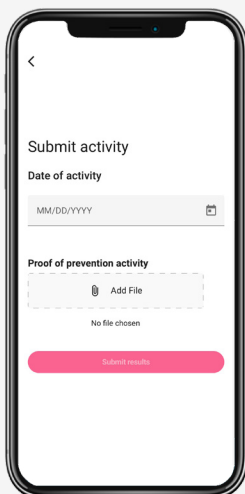


3
Choose your prevention activity from the list*

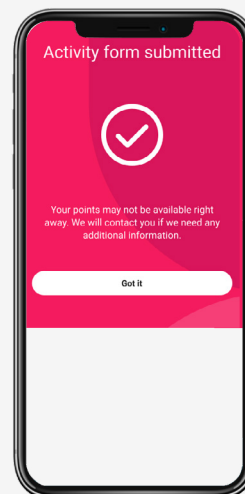
PLEASE NOTE: Members' sets of recommended prevention activities will differ based on sex, age, health history and history of prevention activities.



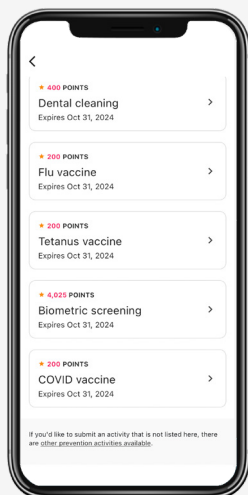
4
Fill in details about your prevention activity



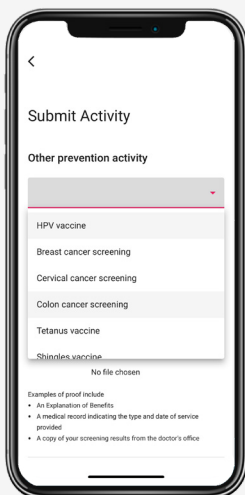
5
Tap on SUBMIT RESULTS



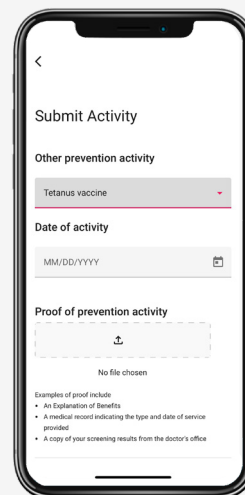
6
Your form has been submitted! Points will be awarded if the proof meets the criteria.



7
If you would like to submit an activity that is not listed for you under PREVENTION, scroll down to the bottom of the page and tap on OTHER PREVENTION ACTIVITIES AVAILABLE



8
Select the prevention activity



9
Fill in details about your prevention activity.

PLEASE NOTE: Other prevention activities may require different proof; please take note of the information required before submitting to Power of Vitality.



Scan to download the Power of Vitality mobile app

QUESTIONS? Contact us for more information or 877.224.7117 or wellness@powerofvitality.com.

Vitality®