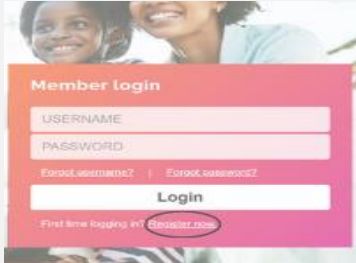




Vitality Quick Guide

Whether you're looking to eat better, become more active or focus on habits to help you get the recommended amount of sleep, Vitality will help you create your Personal Pathway™ to better health. Interact with the program at **PowerofVitality.com** and through the **Vitality Today™** mobile app to plan healthy activities that inspire and help you earn Vitality Points®.

PowerofVitality.com



Start by registering

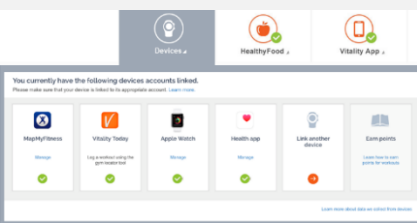
The first step is to create your own confidential Vitality member account by **registering at PowerofVitality.com**. It's quick and easy. Simply complete all of the required fields and accept the terms and conditions. When you're done, download the Vitality Today mobile app from the [App Store](#) or [Google Play](#). You'll use your PowerofVitality user name and password to log in to the app.

Home



Keep informed and inspired

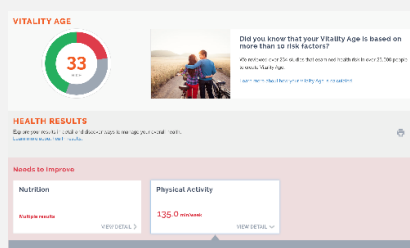
Along your personal journey to a healthier life, you want inspiration and information that's just for you. Vitality provides you with exactly that with the **Newsfeed** and **Message Center**. The Newsfeed offers interactive polls, motivational articles, personal acknowledgements, words of encouragement and more. Check the mailbox icon for your Message Center. It contains detailed information on your activity in the program or other relevant information.



Link your device or smartphone

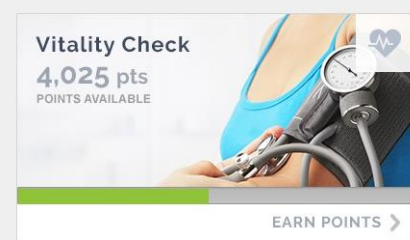
Vitality members who use fitness devices and mobile applications see real results when they step up their physical activity and earn Vitality Points for verified workouts. Check out the **Devices** button on the home page to link Apple Watch or a Polar, Fitbit or Garmin device to Vitality. You can also connect a free smartphone app such as Apple's Health app, MapMyFitness or Google Fit.

Health Profile



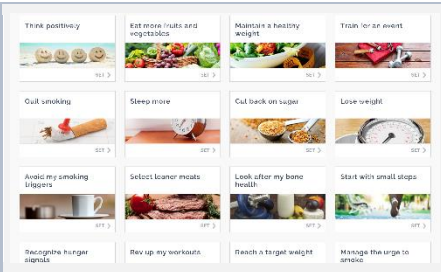
Get the big picture of your health

The **Vitality Health Review™** allows Vitality to get to know YOU a little better. You'll answer questions about your levels of physical activity, eating habits, your work-life balance, and any personal biometric numbers that you know. Once completed, you'll get a detailed report of your overall health in Health Results as well as your **Vitality Age®**, a measurement indicating how your current lifestyle may cause you to be younger or older than your actual age.



Know your numbers

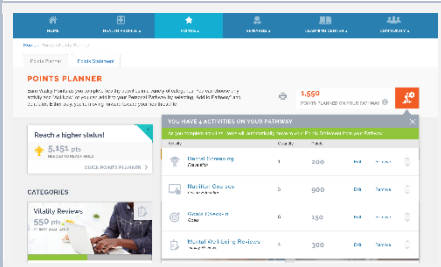
A **Vitality Check®** is a confidential blood screening and biometric assessment that measures your body mass index, blood pressure, fasting blood glucose level/HbA1C, and total cholesterol. This important health assessment will indicate if your results are in a healthy range or if they need to improve. You'll earn Vitality Points each year when you have a Vitality Check and when your results fall within healthy ranges, Vitality will award you additional points. More information on how to earn points for a Vitality Check is in Resources > Guide to Vitality Points > Vitality Check.



Set goals that motivate you

Goals available through Vitality allow you to set your own objectives, establish a timeline for achieving them, and earn a maximum of 30 VitalityPoints 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 you want to accomplish. Look for Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress.

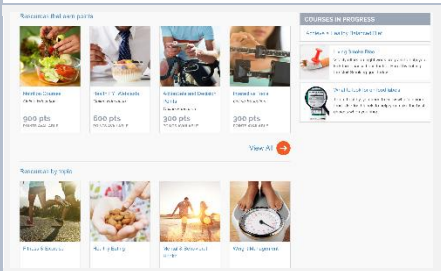
Points



Plan activities that inspire you

The **Points Planner** on the Vitality website categorizes the many activities for which you can earn Vitality Points to reach your desired Vitality Status®. You're in control of choosing, adding and completing the healthy activities that inspire you to better health. Need some suggestions? Answer a few questions on the Quick Points Planner and Vitality will instantly provide suggestions for you to select and add to your pathway.

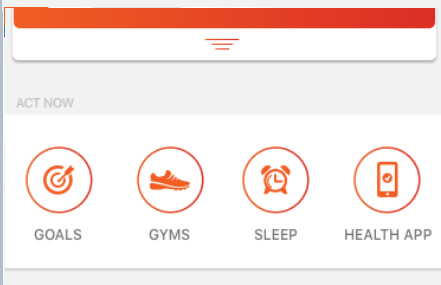
Resources



Learn more about healthy choices

You'll find useful information and tools that are built for making healthy decisions and taking action in **Health Resources**. Search by topic for expert insight about health conditions, medical tests and procedures, medications and everyday health and wellness issues. And for "all things Vitality," the **Guide to Vitality** is a comprehensive resource of program information.

Vitality Today mobile app



Stay connected

The **Vitality Today** mobile app is with you every step of your wellness journey with a range of tools and activities. Utilize the "Act now" feature for quick links to submit a gym workout through GPS, check in on your goals or sync data. Submit documentation of your participation in an athletic event or sports league as well as prevention activities like flu shots and dental visits. The drop-down summary gives you instant access to your points and status level.

We're here to help you get the most from Vitality. If you have a program-related question, please refer to the Guide to Vitality or contact a Vitality Specialist at 877.224.7117, Monday through Friday, between 8:00 a.m. and 5:00 p.m., CT.

Create your Personal Pathway to better health.