

# THE VITALITY PROGRAM

## ONLINE QUICK GUIDE

	<p><b>Welcome to Vitality®!</b> Vitality is an interactive and personalized wellness program that makes it easy for you to live your healthiest life. With Vitality, you complete healthy activities, earn Vitality Points™ for each activity and goal you achieve as you raise your Vitality Status®. Here's how you can take charge of your health and reward your life. <i>Let's get started!</i></p>
	<ol style="list-style-type: none"> <li>1. First, create your own confidential Vitality member account by registering online. Go to <a href="http://www.PowerofVitality.com">www.PowerofVitality.com</a> and click on "Register today!" in the upper right-hand corner of your screen.</li> </ol>
	<ol style="list-style-type: none"> <li>2. Complete the short form and choose your own username and password. It's simple and quick.             <p><i>Note: Vitality makes wellness a family priority, too. Your spouse can register separately and add his or her earned points to your total. Your spouse must enter the last four digits of <i>your</i> SSN when registering.</i></p> </li> </ol>
	<ol style="list-style-type: none"> <li>3. Once you're registered, it's time to get started! Activate your account by completing the Vitality Health Review™ (VHR), an assessment that evaluates your current health status and only takes about 10 minutes to complete.             <p><i>You'll receive up to 1,250 Vitality Points just for taking the VHR!</i></p> </li> </ol>
<p>Your VHR answers will enable Vitality to recommend health goals that are unique to you and you alone — and give you the tools, guidance and encouragement to achieve them. The next page will show you how to activate a goal.</p> <p>Not ready for a goal? No problem! Engage in a variety of core activities for which you can earn points. This guide will take you through some activities you can do online. For a complete list of Vitality activities, navigate to <b>HOME &gt; Earning Points</b>.</p>	



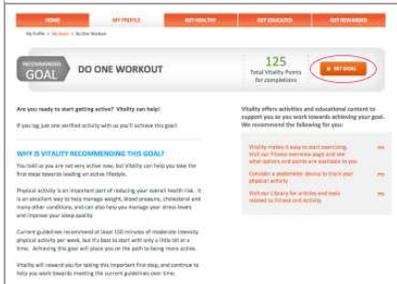
Click on **HOME** in the navigation menu to take you to your personal home page. Once engaged in the program, here's where you'll find a snapshot of your current Vitality Age™ & Vitality Status, the goals you've set for yourself and tips on what you can do to earn more points.



Notice the status bar at the top of the page? The more points you earn, the higher your Status, from Blue to Bronze, to Silver, Gold and then Platinum.



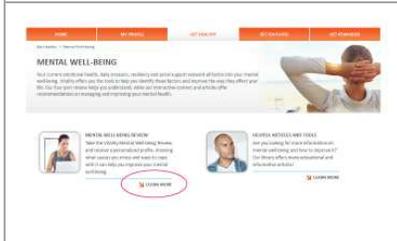
Navigate to **MY PROFILE > My Goals** to view and activate personal goals that Vitality recommends for you. To view a goal, select “Learn More” next to the goal.



To activate it, select the “Set Goal” orange button in the top right corner. Once your goal is activated, you will earn points for completing recommended activities that support your goal and for completing the goal in the timeframe given.

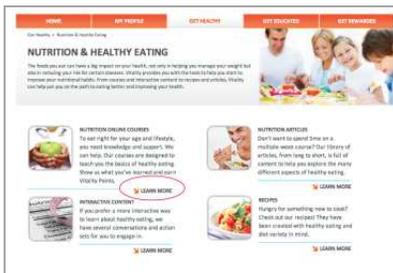


Navigate to **GET HEALTHY > Overview** to find many activities and resources that make the Vitality program so effective.



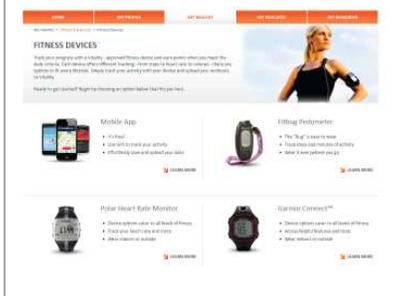
Click on **Mental Well-being** to take a four-part online questionnaire to help manage and improve your mental health.

*Earn up to 300 Vitality Points upon completion of the review!*



Click on **Nutrition & Healthy Eating** and take an online course to learn the basics of healthy eating.

*Earn up to 300 Vitality Points upon completion of a course, up to three per year. That's 900 points per year!*



Navigate to **Fitness & Exercise > Fitness Devices** to learn how you can earn points when you work out with a Vitality-approved fitness device. Select and link your approved device to Vitality by following the steps online. Each device offers different tracking - from steps to heart rate to calories – and there are options to fit every lifestyle.



Navigate to the **GET EDUCATED > Overview** tab to access tools and resources on various health topics, including online calculators.

*Earn 75 Vitality Points upon completion of a calculator, up to four per year! That's 300 points per year!*



### Have questions?

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



No matter how old or how healthy you are, take that first step. Engage in Vitality and you'll soon start enjoying the benefits of improved health at work, at home and at play!

**Why not get started today? Get healthy, get educated and get rewarded with Vitality!**