



learn your Vitality Age™



**Get the “big picture” of your health in just minutes.
Take the VHR and learn your Vitality Age!**

When you take the Vitality Health Review™ (VHR), you’ll receive a complete summary of your health and lifestyle risk factors in a personalized report and learn your Vitality Age™ — a scientific measurement of your overall health. It’s a great way to get the “big picture” of your health and learn where you can improve and where you’re doing well.



Receive bonus Vitality Points™ when you complete the VHR within the first 90 days of your Vitality program year.

Log in to the Vitality website and complete the VHR today!