How To Earn Vitality Points:

VITALITY ACTIVITIES
This chart shows the Vitality Points® value of many activities available. Points shown are for an individual member in a program year.

An eligible spouse can also earn points jointly for an even quicker increase in Vitality Status®.

POINTS PLANNER
The Points Planner on the Vitality website displays these activities and the points available. You can also easily plan your activities with the Quick Points Planner. After you answer a few questions, Vitality provides you with instant feedback and presents you with specific activities from which to choose.

How to achieve Vitality Status:

VITALITY STATUS
Vitality Status is determined by the number of Vitality Points that you and your eligible spouse earn based on the activities in which you partake. There are four Vitality Status levels: Bronze, Silver, Gold and Platinum.

BRONZE	SILVER	GOLD	PLATINUM	
0 pts	2,500 pts	6,000pts	10,000 pts	1 Adult
	3,500 pts	9,000pts	15,000 pts	2 Adults

All you need to know about earning Vitality Points and achieving Vitality Status is available in the Guide to Vitality on PowerofVitality.com.

Vitality is committed to helping members achieve their healthiest lives, and offers rewards to all members who participate in our wellness program. If for any reason, a member is unable to meet an outcome or health-contingent activity standard or its reasonable alternative under Vitality, a medical waiver is available.

Ways To Earn Vitality Points

VITALITY REVIEWS

Activity	Points	Frequency
Vitality Health Review™ (VHR)	500	Once per year
VHR bonus: First 90 days	250	Once per year
Mental Well-being Review	75/review	Three per year
Physical Activity Review	250	Once per year

PHYSICAL ACTIVITY

Activity	Points	Frequency
Self-reported Workout	5	Once per day
Light Workout	5	Once per day
Standard Workout	10	Once per day
Advanced Workout	15	Once per day
Sports league	350	Up to category max
Athletic event: level 1	250	Up to category max
Athletic event: level 2	350	Up to category max
Athletic event: level 3	500	Up to category max
Workout milestone bonus	varies	Up to category max
Category maximum: 7,000 points		

Max one workout per day. We will award only the highest-level workout.

PREVENTION

Activity	Points	Frequency
Health screening*	400	Once per year per screening
Dental check-up	200	Once per year
Flu shot	200	Once per year
COVID vaccine	200	Once per year

* Health screenings include colorectal screenings, mammograms, and pap smears, and are subject to certain requirements.

VITALITY CHECK©

Activity	Points		Frequency
Body Mass Index (BMI)	125	SCREENING	Once per year
Blood pressure	125		Once per year
Cholesterol	125		Once per year
Fasting glucose/HbA1c	125		Once per year
BMI	1000	RESULTS	Once per year
Blood pressure	600		Once per year
Cholesterol*	600		Once per year
Fasting glucose/HbA1c	600		Once per year
Non-tobacco user	725		Once per year

* Total cholesterol or low-density lipoprotein (LDL)

A reasonable alternative standard is available when a member is unable to achieve in-range results.

CERTIFICATIONS

Activity	Points	Frequency
First aid course	125	Once per year
CPR course	125	Once per year

GOALS

Activity	Points	Frequency
Goals check-in	30 maximum	Once per week (up to 1,500 points per year)
Goals for Unusual Times	30 maximum	Once per week (up to 1,200 points per year)

ONLINE EDUCATION

Activity	Points	Frequency
Interactive tools	75/tool	Four per year
Online nutrition courses	300/course	Three per year
ActionSets/Decision Points	50 each	Six per year
Health FYI Webcasts	50/webcast	Twelve per year

MARKETPLACE

Activity	Points	Frequency
Engagement	45	Once per week
Milestone	100	Once per month

VITALITY HEALTHYMIND™

Activity	Points	Frequency
Sleep Well	300 maximum	Once per year
Meditation	10/ session	Once per day (up to 200 points per year)

OTHER ACTIVITIES

Activity	Points	Frequency
Vitality Squares™	varies	Once per month
Disease/Lifestyle management	300	Once per quarter