



BENEFITING YOU
— at every stage —



EARN SILVER STATUS YOUR WAY

Save \$130 a Month Your Own Way

Earning Silver Status through the **Vitality Wellness Program** means you will spend \$130 less on health coverage every month in 2022. And while that benefit applies to everyone who reaches Silver Status, how you get there is completely unique to you.

Alyssa and Andre’s Path to Vitality Silver Status

Meet Alyssa and Andre. They are in their 40s and, other than a few extra pounds they gained since COVID-19, they’re in good health.

Alyssa and Andre wish they had more time for themselves. However, between working full-time and their children’s extra-curricular activities, life is busy.

After hearing that the Vitality Program can help with emotional and physical well-being, they decide this is a healthy and interactive activity they can do together.

Together, they earn the 3,500 points needed for Silver Status.

Here’s How Alyssa and Andre Earned Silver Status:

Activity	Points
Each Get the COVID-19 Vaccine	1,000
Participate in a Challenge	350
They Track 5,000 Steps for 60 Days Through Their Apple Watches	600
Each Complete the VHR	1,000
Andre Completed a Regular Health Screening	400
Alyssa Does the HealthyMind Meditation	200
Total Points Earned in 2021	3,550

How will **you** reach Silver Status? Visit PowerofVitality.com today to learn more.