



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'll 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.

Sofia's Path to Vitality Silver Status

Sofia is in her early 30s and lives a healthy lifestyle. She often goes for runs, attends exercise classes with her friends, and eats pretty healthy — most of the time.

Because she cooks for one, she finds herself getting carryout too often. She'd like to learn more about nutrition and how-to meal prep for the week ahead.

With these goals in mind, here's how Sofia reaches the 2,500 points needed for Silver Status.

Here's How Sofia Earned Silver Status:

Activity	Points
VHR	500
Well Woman Exam	400
Dental Screening	200
CPR Course and First Aid Course (125 each)	250
Takes Three Online Nutrition Courses	900
Sets Up Goals Within the Vitality App and Does Her Goals Check in Every Week	300
Sleep Well	300
Total Points Earned in 2021	2,850

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