



## How to earn Vitality Points:

### VITALITY ACTIVITIES

The charts below show 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 under the Points tab on the Vitality website features tiles with all the categories in which you can earn Vitality Points. Choose the categories in which you are interested. Each houses activities that you can complete and shows how many points are available to you in that category. It's an interactive way to plan your Personal Pathway to better health.

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

## 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	<b>GOLD</b>	PLATINUM
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## 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 per 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
<b>Category maximum: 7,000 points</b>		
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

\* 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	Once per year
Blood pressure	125	Once per year
Cholesterol	125	Once per year
Fasting glucose/HbA1c	125	Once per year
BMI	1000	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.

### GOALS

Activity	Points	Frequency
Goals check in	30 maximum	Once per week

### ONLINE EDUCATION

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

### CERTIFICATIONS

Activity	Points	Frequency
CPR Certification	125	Once per year
First Aid Certification	125	Once per year

### VITALITY HEALTHY MIND™

Activity	Points	Frequency
Sleep Well	300 maximum	Once per year
Meditation	200 maximum	Once per year

### OTHER ACTIVITIES

Activity	Points	Frequency
Vitality Squares™	varies	Once per month
Living Smoke Free	725	Once per year
Vision Screening	200	Once per year
Shapa Weigh-In	800	Once per year

### COVID AWARENESS AND PREVENTION

Activity	Points	Frequency
COVID-19 First Dose	250	Once per lifetime
COVID-19 Second Dose	250	Once per lifetime
COVID-19 Single Dose	500	Once per lifetime
COVID-19 Booster	250	Once per lifetime

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.