



BENEFITING YOU
— at every stage —



VITALITY WELLNESS PROGRAM

Ingram’s Vitality Wellness Program provides you with a personalized approach to wellness, tools to make healthy life choices, and a variety of rewards.

As a participant of an Ingram medical plan you and your covered spouse/ domestic partner must reach Silver Status by **December 1, 2022** to qualify for the 2023 Engaged Wellness Rate.

Who’s Covered on Your Medical Plan?	Points Needed
You Only	2,500
You + Spouse/ Domestic Partner	3,500

What is the **Engaged Wellness Rate**?

It is the **lowest premium** you can pay for your Medical/Rx insurance.

Get Registered in 3 Easy Steps!

- Visit **PowerOfVitality.com** and under the login box, select “Register Now”
- Provide your name, date of birth, and email address
- Provide your employee ID number

NOTE: A spouse or domestic partner who registers also needs to provide your employee ID number.

Download the Vitality Today App

Start Earning Points Toward Silver Status

In addition to the Vitality website, you can use the app to log in and earn points.

