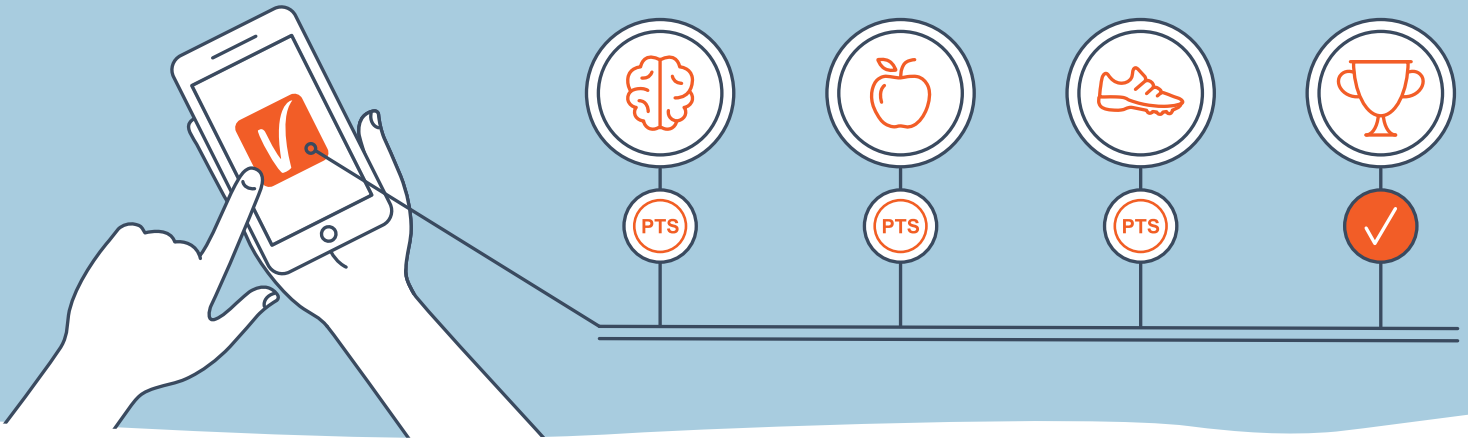




A NEW PROGRAM YEAR TO MAKE HEALTHY CHOICES AND EARN MORE POINTS



It's a new Vitality program year! Healthier living is waiting for you at PowerofVitality.com and on the Vitality Today™ mobile app. Here's what happens to your points and status:

You earned Vitality Points® for every Vitality activity you completed to reach your Vitality Status®. Your status and points resets in the new year. And with the Kick-start Bonus, Vitality will automatically award you with a bonus equal to 10% of the points you earned in the last year. For example, if you earned 6,000 points last year, you will be rewarded with 600 bonus points! So, you'll begin the new program year with 600 points.

Vitality is more than just a wellness program. It's a 24/7 health resource that assesses where you are now and helps you easily make your healthy choices. Get started by completing the Vitality Health Review® and then visit the Points Planner to plan your Personal Pathway™ to better health.

2023 EARNING POINTS AND STATUS

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®.

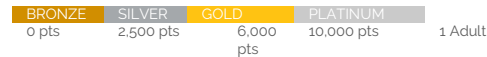
POINTS PLANNER

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.



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.

www.PowerofVitality.com

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-19 First Dose	250	Once per year
COVID-19 Second Dose	250	Once per year
COVID-19 Single-Dose Only	500	Once per year
COVID-19 Booster	250	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.

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)

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





POWERING UP WITH VITALITY

The Vitality program has all kinds of healthy activities to inspire you to be the healthiest you can be for yourself, your friends and your family. Along the way, celebrate your accomplishments by earning Vitality Points® for the rewards you deserve.

Begin your Personal Pathway™ to better health by:



1. Registering at PowerofVitality.com. It's quick and easy. Simply complete all the required fields and accept the terms and conditions.



2. Downloading the Vitality Today® mobile app from your app store. You'll use your PowerofVitality username and password to log in to the app.



3. Taking the Vitality Health Review® - a short, confidential assessment of your current health. Once completed, you'll get a detailed report of your overall health as well as your Vitality Age®, a great motivator that can also give you an idea on how to plan your pathway.

Register now at PowerofVitality.com

or contact us for more information at
877.224.7117 or wellness@powerofvitality.com.



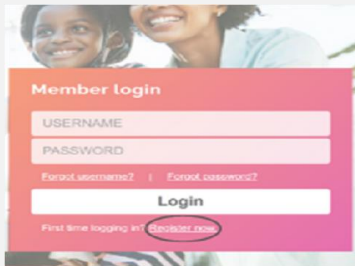
Vitality Today mobile app



Vitality Quick Guide

Whether you're looking to eat better, become more active or focus on habits to help you get the recommended amount of sleep, Vitality will help you create your Personal Pathway™ to better health. Interact with the program at **PowerofVitality.com** and through the **Vitality Today™** mobile app to plan healthy activities that inspire and help you earn Vitality Points™ to get the rewards you deserve.

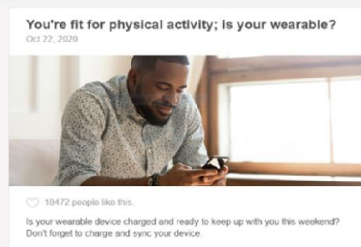
PowerofVitality.com



Start by registering

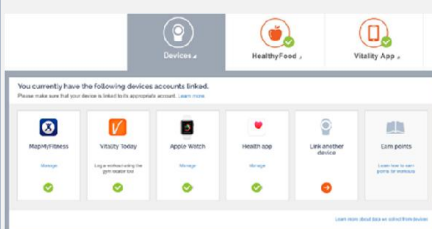
The first step is to create your own confidential Vitality member account by **registering at PowerofVitality.com**. It's quick and easy. Simply complete all of the required fields and accept the terms and conditions. When you're done, download the Vitality Today mobile app from the [App Store](#) or [Google Play](#). You'll use your PowerofVitality user name and password to log in to the app.

Home



Keep informed and inspired

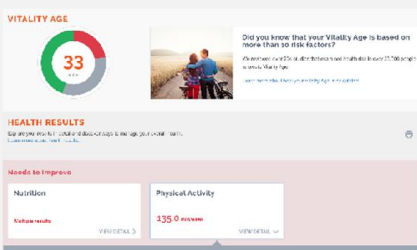
Along your personal journey to a healthier life, you want inspiration and information that's just for you. Vitality provides you with exactly that with the **Newsfeed** and **Message Center**. The Newsfeed offers interactive polls, motivational articles, personal acknowledgements, words of encouragement and more. Check the mailbox icon for your Message Center. It contains detailed information on your activity in the program or other relevant information from your employer.



Link your device or smartphone

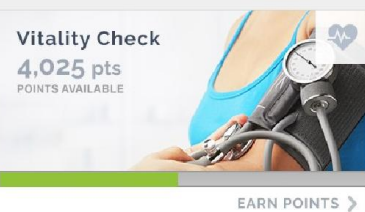
Vitality members who use fitness devices and mobile applications see real results when they step up their physical activity and earn Vitality Points for verified workouts. Check out the **Devices button** on the home page to link Apple Watch or a Polar, Fitbit or Garmin device to Vitality. You can also connect a free smartphone app such as Apple's Health app, MapMyFitness or Google Fit.

Health Profile



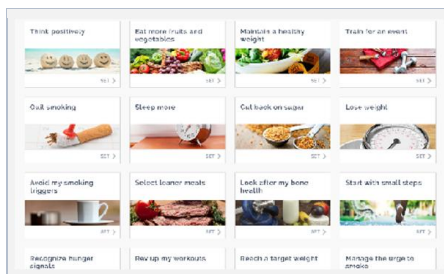
Get the big picture of your health

The **Vitality Health Review™** allows Vitality to get to know YOU a little better. You'll answer questions about your levels of physical activity, eating habits, your work-life balance, and any personal biometric numbers that you know. Once completed, you'll get a detailed report of your overall health in Health Results as well as your **Vitality Age®**, a measurement indicating how your current lifestyle may cause you to be younger or older than your actual age.



Know your numbers

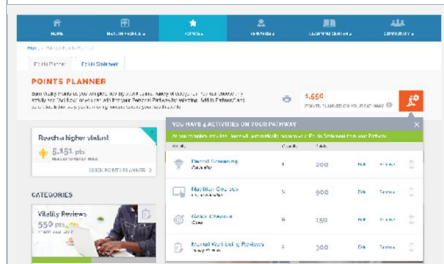
A **Vitality Check®** is a confidential blood screening and biometric assessment that measures your body mass index, blood pressure, fasting blood glucose level/ HbA1C, and total cholesterol. This important health assessment will indicate whether or not your results are in a healthy range or if they need to improve. You'll earn Vitality Points each year when you have a Vitality Check and when your results fall within healthy ranges, Vitality will award you additional points. More information on how to earn points for a Vitality Check is in Resources > Guide to Vitality Points > Vitality Check.



Set goals that motivate you

Goals available through Vitality allow you to set your own objectives, establish a timeline for achieving them, and earn a maximum of 30 Vitality Points each week when you check in on them. Vitality will make goal recommendations based on your health profile or you can choose one or several goals that you want to accomplish. Look for Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress.

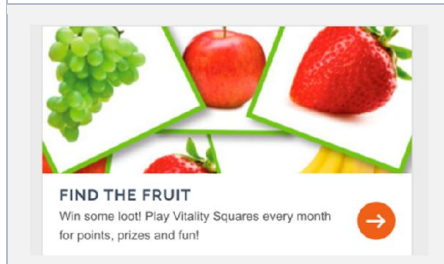
Points



Plan activities that inspire you

The **Points Planner** on the Vitality website categorizes the many activities for which you can earn Vitality Points to reach your desired Vitality Status®. You're in control of choosing, adding and completing the healthy activities that inspire you to better health. Need some suggestions? Answer a few questions on the Quick Points Planner and Vitality will instantly provide suggestions for you to select and add to your pathway.

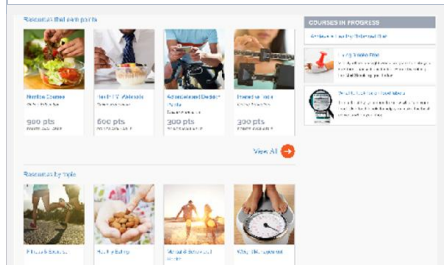
Rewards



Enjoy your Rewards

Vitality Squares is an online game of chance game played with a board of eight healthy food squares and seven unhealthy food squares to “flip” on the Rewards page of the Vitality website. The greater your Vitality Status, the more squares you get to flip for a chance to win up to 50 Vitality Points or select gift cards valued at \$5, \$15 and even \$500!

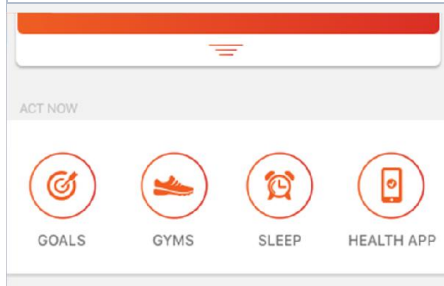
Resources



Learn more about healthy choices

You'll find useful information and tools that are built for making healthy decisions and taking action in **Health Resources**. Search by topic for expert insight about health conditions, medical tests and procedures, medications and everyday health and wellness issues. And for “all things Vitality,” the **Guide to Vitality** is a comprehensive resource of program information.

Vitality Today mobile app



Stay connected

The **Vitality Today** mobile app is with you every step of your wellness journey with a range of tools and activities. Utilize the “Act now” feature for quick links to submit a gym workout through GPS, check in on your goals or sync data. Submit documentation of your participation in an athletic event or sports league as well as prevention activities like flu shots and dental visits. The drop-down summary gives you instant access to your points and status level.

We're here to help you get the most from Vitality. If you have a program-related question, please refer to the Guide to Vitality or contact a Vitality Specialist at 877.224.7117, Monday through Friday, between 8:00 a.m. and 5:00 p.m., CT.

Create your Personal Pathway to better health.



WELCOME TO A NEW VITALITY PROGRAM YEAR

KICK-START BONUS: You earned Vitality Points for every Vitality activity you completed to reach your Vitality Status. Your Vitality status and points will reset in the new year. With the Kick-start Bonus, Vitality will automatically award you with a bonus equal to 10% of the points you earned in the last year. For example, if you earned 6,000 points last year, you will be rewarded with 600 bonus points to begin the new program year.



Registration is Easy!

To Register: go to PowerofVitality.com and in the middle of your screen click on “First time logging in? Register now.”

Complete all the required(*) fields:

- *First Name
- *Last Name
- *Date of Birth
- *E-mail Address
- *Employee ID—Enter an “8” followed by your ID

2. Create a username and password.
3. Read and accept our Terms and Conditions.
4. Select and answer a security question.

Vitality Health Review (VHR)

Earn 500 Vitality Points once completed + an a bonus 250 Vitality Points when completed within the first 90 days.

The Vitality Health Review™ is a brief confidential questionnaire in which we ask you about your current health status, health results, activities, habits, nutrition and lifestyle at work and home Doing so helps us to better understand where you are doing well and where you may need some improvement. From your response in the VHR, you will received your Vitality Age: a health risk-related age based on your lifestyle behaviors and clinical measures.

Login to PowerofVitality.com > Hover over Health Profile > Select Vitality Health Review > Click “Complete the Vitality Health Review”



Vitality Check

A Vitality Check biometric screening is an assessment that helps you uncover and identify potential health problems before they become more serious. The health analysis consists of a blood screening and biometric assessment, measuring:

- Body Mass Index (BMI)
- Blood Pressure
- Blood Glucose
- Cholesterol Levels

***All fields on the Vitality Check form are required and must be signed by your Physician.**

REMINDER: Once completed, ensure points are rewarded in your Points Statement & results in your Points Planner switch from

ACT NOW



COMPLETED

Vitality Check form: Go to Your Account > Forms and Waivers > Select Vitality Check under Forms > Click blue link labeled “Vitality Check form” and print

Submit Results: Go to Your Account > Forms and Waivers > Select Vitality Check > Input all required results (except saliva/cotinine) & Attach completed and signed form

ON-DEMAND FITNESS FOR



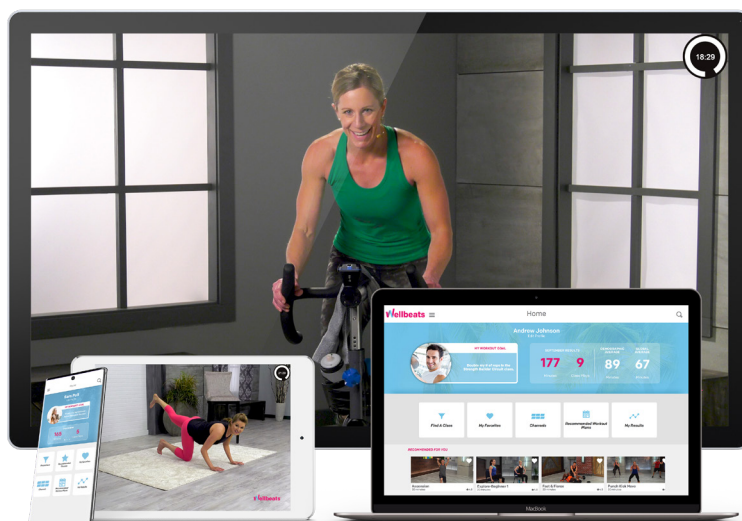
Wellbeats™

- ✓ 500+ classes including yoga, HIIT, strength training, cycling, running/walking, mindfulness, office breaks, and recovery
- ✓ Easy-to-use navigation and interface
- ✓ Recommended classes according to your personal preferences
- ✓ Coached by a team of certified, supportive instructors
- ✓ Stay accountable with goal-based challenges
- ✓ Track your progress with personal statistics
- ✓ No equipment options available

manatt

No matter your goals, Wellbeats has a starting point for you and your fitness journey.

All Ages. All Levels. All Lifestyles. Discover fitness at your fingertips. Whether at home, work, or on-the-go, Wellbeats is an easy-to-use, on-demand fitness platform to help you feel happier, healthier, and stronger.



How to Get Started with Wellbeats

Ready to play a class? Here is how to login and start using Wellbeats today:

1

Verify your login credentials

Your username and password is sent to your work email address. You can search "Wellbeats" or "support@wellbeats.com" in your email inbox.



If you're having trouble locating the email, please contact your employer or affiliated organization's supervisor. You may also contact the Wellbeats Support Team at support@wellbeats.com for help.

2

Download Wellbeats on your preferred device

You can also visit the Wellbeats website portal on your computer to play classes.

Download the Wellbeats app:



OR

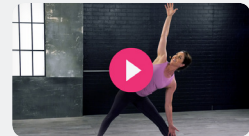
Login on the website portal:
portal.wellbeats.com



3

Play a class!

You can find workouts for all ages, levels, and abilities. Options include cycling, yoga, Pilates, walking/running, HIIT, strength training, kickboxing, dancing, office breaks, stretching, and so much more!



Share your progress with us using [#Wellbeats](#) on Facebook or Instagram so we can give you a special shout out.



Have questions? Contact the Wellbeats Support Team at support@wellbeats.com.

“



"The fact that I can do it in my home = no excuses. I've lost nearly 50 lbs. in 6 months!"

- Deborah D.



"I am a busy mom and struggle with nerve pain. Wellbeats has helped me focus on me."

- Shannon K.



"The best motivation is knowing that I have the perfect class for any situation at my fingertips."

- Harry P.

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