



Beginning with the basics

Vitality is a comprehensive, interactive and personalized wellness program that makes it easy for you to make healthy choices.

Vitality's individual-focused approach considers your current overall health, lifestyle and health risk factors. Choose from, engage in and be rewarded for a wide variety of healthy activities – online education, physical activity, preventive care and more. Here's how the program works:



VITALITY POINTS®

Vitality rewards your efforts to improve or maintain a healthy lifestyle. When you engage in health-related activities that we can track and measure, you will earn Vitality Points. There are many points-earning activities – engage in as many as you can!



VITALITY STATUS®

Vitality Status is a great way to track your progress and stay motivated. It's simple: As you earn more Vitality Points, you raise your Vitality Status. You'll begin at Bronze Vitality Status, but as you accrue Vitality Points, you'll go from Bronze to Silver to Gold to Platinum.



CONFIDENTIALITY

Now that you know the basics of the Vitality program, you're ready to begin and reap the benefits of healthier living. Please be assured that our members' privacy is a top priority at Vitality. We never share your personal health information with your employer or anyone else.

You make choices every day. Vitality makes it easier to make the healthy ones.



Vitality is committed to helping you achieve your healthiest life, and offers rewards to all members who participate in our wellness program. If for any reason, you think you are unable to meet an outcome or activity-based standard or its reasonable alternative under Vitality, please consult with your physician who can evaluate your capabilities and determine whether or not you need to complete and submit a waiver. Prior to meeting with your physician, please visit the Forms and Waivers section under your ACCOUNT on the Vitality website to download the applicable waiver. If necessary, complete your portion of it, have your physician complete his or her portion of it and then submit it to Vitality.

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

EARNING POINTS AND STATUS

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 Power of Vitality 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 Assessment- 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.

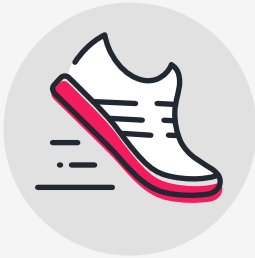


Scan to download the Power of Vitality mobile app.



Level up to better health with Vitality

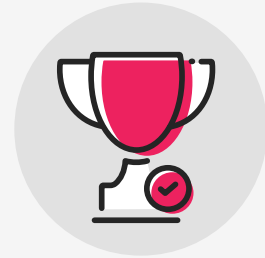
Vitality is more than just a wellness program. It's a 24/7 health resource that assesses where you are now and helps you reach higher for real change. Here's how it works



Plan and complete healthy activities that you enjoy



Earn Vitality Points[®] and increase your Vitality Status[®]



Get the rewards you deserve

WITH VITALITY YOU'RE IN CONTROL.

The Points Planner on PowerofVitality.com puts you in control of how you earn Vitality Points. Complete online education activities, check in on your goals, exercise and have regular medical screenings. With the Points Planner, you can choose any activity and "Act Now" or you can add it to your Personal Pathway™ by selecting "Add to Pathway" and do it later. Either way, you're moving forward toward your healthiest life!

Need some help getting started? The Quick Points Planner asks a few questions on how active you are, and which status you'd like to achieve. Once you answer these questions you will instantly see a list of activities to help you reach your target status.

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



Scan to download the Power of Vitality mobile app.



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 the last 4 digits of your SSN

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

Vitality Health Assessment

Earn 500 Vitality Points once completed, plus 250 Early Bird bonus Vitality Points when completed within the first 90 days.

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

Your health information submitted to Vitality is *confidential* and is *not* shared with your employer.

Login to PowerofVitality.com > Navigate to Earn Points > Assessments > Health Assessment



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 blood screening and biometric assessments, 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 awarded in your Points Statement & the prevention screen shows completed



Submit Results : *Login to PowerofVitality.com > Navigate to Earn Points > Prevention > Select Biometric screening > Submit results > Complete online form > Upload proof of activity > Submit results*

You can also submit results for other preventions activities by selecting the appropriate option and uploading the required documentation.

Fitness, Nutrition, and Mindfulness

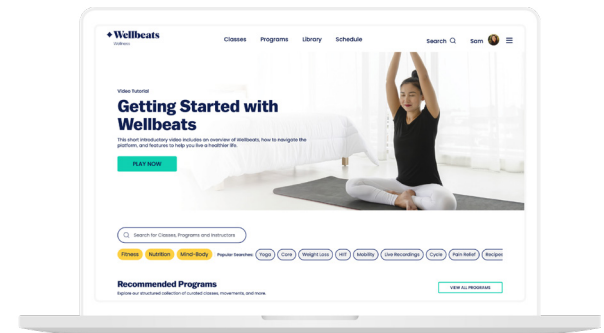
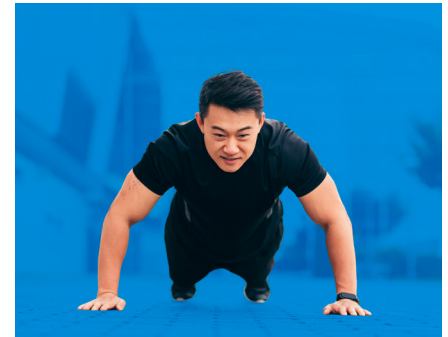
Wellbeats *Wellness* Essential

Wellbeats *Wellness*, a product of LifeSpeak Inc., empowers people of every age, interest, body type, and ability to take control of their health. Wellbeats creates the wellbeing community your employees need.

WELLBEATS DIGITAL CONTENT LIBRARY: Discover a curated collection of thousands of fitness, nutrition, and mindfulness classes for a happier, healthier population. With classes ranging from yoga, running, walking, nutrition, cycling, and more.

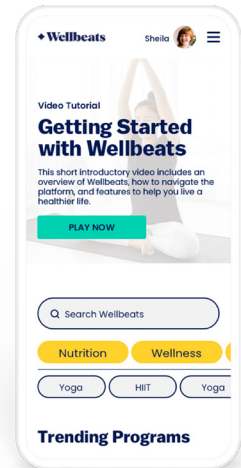
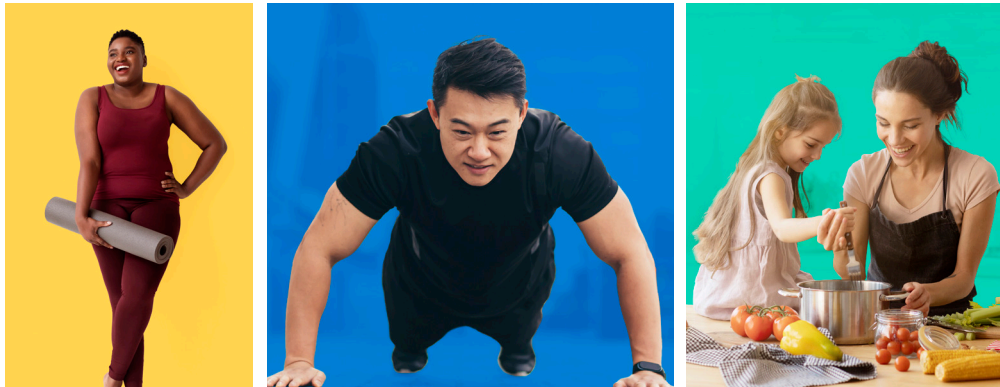
GOAL-BASED PROGRAMS: Stay motivated and on track with programs designed to support employees on their health journey, driving real results. These programs provide guidance to help achieve specific health and wellness goals.

CERTIFIED INSTRUCTORS: Access education-based classes led by world-leading, relatable experts for a supportive, and engaging experience.



Wellbeing can't wait.

LifeSpeak Inc.



Wellness isn't just for some. It's for all.

Wellbeats *Wellness* is an on-demand video streaming solution that empowers people of every age, interest, body type, and ability level to take control of their health with **thousands of fitness, nutrition, and mindfulness classes** available anytime, anywhere.



HIGH-QUALITY CONTENT AND INSTRUCTORS

Education-based classes are led by certified, relatable instructors, and regular content and feature enhancements give members fresh ways to continue enjoying their wellness journey



CUSTOMIZED COMMUNITY-BUILDING EXPERIENCES

Personalized content and our Recommendations Engine guide individuals based on their wellness goals and interests, and social community features enable members to invite friends to scheduled classes



SUPPORT, SECURITY, AND MEASUREMENT

Members get strategic expertise, video tutorials, and reporting with easy-to-track success metrics. Wellbeats *Wellness* is compliant with regulatory standards including HIPAA, SOC2, GDPR, and WCAG 2.1

Wellbeats is a benefit more than 2.5 million employees love.

7.8

Average Monthly Class Plays per Engaged User

★★★★★

4.6/5 Average Class Rating

73

Net Promoter Score

How to Get Started with Wellbeats

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your virtual wellness offering to help you live a healthier life. Explore 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, interests, and abilities. Whether you're an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats *Wellness* is for everyone.



How to Activate Your Wellbeats Account

1

Go to portal.wellbeats.com on a computer or download the Wellbeats *Wellness* app.

iOS



Android



2

Enter your username and password.

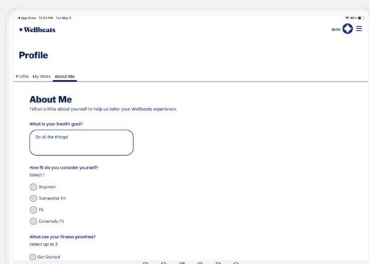
If you forgot your password, select “Forgot password?” to reset your password.

If you need help logging in, please contact Wellbeats Support at support@wellbeats.com.

Here are 8 starter tips to help you make the most of your Wellbeats experience:

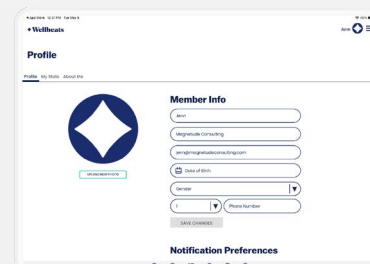
1

Take the “About Me” survey to receive recommended classes and programs according to your goals, abilities, and interests. Select “Profile” in the drop-down menu, then select “About Me” to complete the survey.



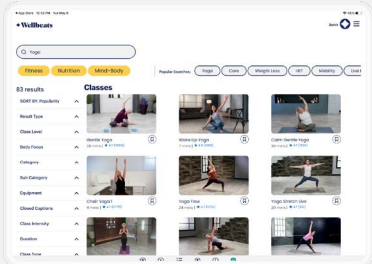
2

Complete your profile to customize your Wellbeats *Wellness* experience. Select “Profile” in the drop-down menu to upload a profile photo and manage your notification settings.



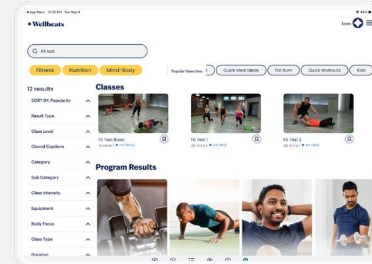
3

Search for a class according to your preferences. Filter by category, level, body focus, equipment, duration, and more.



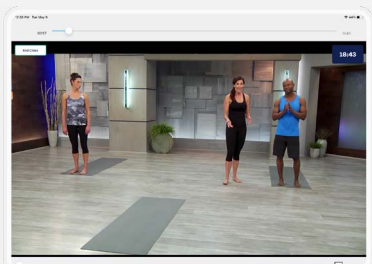
4

Take a fit test to establish your baseline fitness level and track your progress. Select "Classes", then select the "Fit Tests" category.



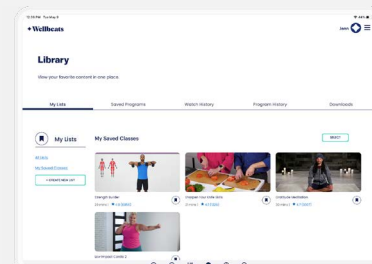
5

Play a class! Choose from 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.



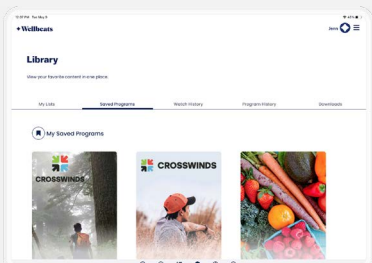
6

Love a class? Don't forget to save it! Select "Library" to create your own lists of classes you enjoy or would like to try at a later time.



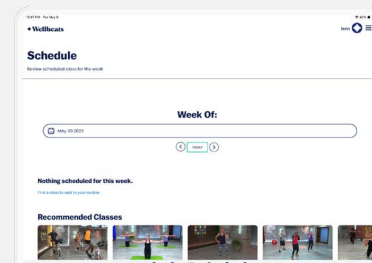
7

Join a Wellbeats *Wellness* program to help you stay motivated and on track. Each program includes a schedule of classes to help you reach your goals.



8

Schedule classes in advance and invite others to join you. Find a class you'd like to schedule, select "Schedule/Invite" and choose a date and time. You will have the option to invite others to join you and add the class to your calendar.



Actual design and navigation may vary depending on your device.