



# EARNING POINTS AND STATUS

## 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 your program year. Your eligible spouse can also earn points jointly for an even quicker increase in Vitality Status®.

### VITALITY GOALS

Vitality will recommend goals that fit your particular health profile and you will also have the opportunity to select and engage in goals of your own choosing and keep them relevant through weekly interaction.

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

## HOW 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	Four 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		

### 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.

### GOALS

Activity	Points	Frequency
Goals check in	30 maximum	Once per week

### VITALITY HEALTHYFOOD

Activity	Points	Frequency
Purchase qualifying foods	2 per item (up to 50 points per month)	Monthly

## HOW TO EARN 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	GOLD	PLATINUM	
0 pts	2,500 pts	6,000 pts	10,000 pts	1 Adult

### 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/Hb1c	125	Once per year
BMI	1000	Once per year
Blood pressure	600	Once per year
Cholesterol*	600	Once per year
Fasting glucose/Hb1c	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.

### ONLINE EDUCATION

Activity	Points	Frequency
Interactive tools	75/calculator	Four per year
Nutrition online courses	300/course	Three per year
ActionSets/Decision Points	50 each	Six per year
Health FYI Webcasts	50/webinar	Twelve per year

### CERTIFICATIONS

Activity	Points	Frequency
CPR	125	Once per year
First aid certification	125	Once per year

### OTHER ACTIVITIES

Activity	Points	Frequency
Vitality Squares	varies	Once per month
Disease/Lifestyle management	300	Once per quarter
Living Smoke Free	725	Once per year
Employer-sponsored activity		
Option 1	35	One per day
Option 2	50	One per day
Option 3	100	One per day
Option 4	150	One per day
Option 5	200	One per day
Option 6	250	One per day
Option 7	350	One per day
Option 8	500	One per day

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.