



# Get the “big picture” of your health in just minutes

## Take the VHR and learn your Vitality Age

### SEE HOW YOUR LIFESTYLE IMPACTS YOUR HEALTH

Once each program year, spend as little as 15 minutes and take the **Vitality Health Review™** (VHR), a confidential online questionnaire about your current health status and risk factors. Once you enter information about your lifestyle, behaviors and clinical measures, you will receive instant feedback on your specific health profile. Your VHR responses will also help you set goals of your own choosing — and Vitality will provide the tools, guidance and encouragement to help you achieve them.



**Takes only  
15 minutes!**

### YOU MAY BE OLDER THAN YOU THINK

When you complete your VHR, you will receive your scientifically calculated **Vitality Age®** and your participation in the full Vitality program can begin. Research from Vitality proves that unhealthy behaviors can cause people to age faster and on average, Americans are five years older than they think. Vitality Age is a unique measure of your “true” age in terms of years “lost” or “gained” compared to your actual age and can be a great motivator to start making healthier choices.

**Complete the VHR** — either online by navigating to the Vitality website or on the Vitality Today™ mobile app — and begin your Personal Pathway® toward your healthiest life!