

Vitality



Take charge of your health.  
**REWARD YOUR LIFE.**

**A better quality of life starts today.**

Register for Vitality at [www.PowerofVitality.com](http://www.PowerofVitality.com)

# What is Vitality?



- Vitality is a wellness program, provided by your employer, to empower you to live a healthy lifestyle, with the tools you'll need along the way.
- When you participate in health-related activities you earn points, redeemable for valuable rewards!
- Go to [www.PowerofVitality.com](http://www.PowerofVitality.com) and register as a member. Registration will only take a few minutes of your time. It's fast, free and easy!



# Get Started with the Health Risk Assessment (HRA)



- Complete the HRA to activate your account!
- The HRA is a confidential, online questionnaire that asks you a series of questions to determine your health status and Vitality Age.
- Reach Bronze Vitality Status, receive your first Vitality Points and goals upon completion!



Vitality





get  
**HEALTHY.**

**Find fun ways to achieve your health goals.**





# What are Vitality Activities?






• Vitality awards you with points for every core program activity you complete, in addition to points earned for achieving goals.

Education	
Health Risk Assessment	 
First Aid certification	
CPR certification	
Online calculators	

Fitness	
Workouts at partner health clubs	      
Workouts with verifiable devices	
Onsite fitness centers	
Fitness activities (ex. 5k race)	
Group fitness activities	
Organized wellness activities	
Fitness assessments	

Prevention	
Pap smear, Mammogram	   
Prostate exam	
Childhood immunizations	
Traditional and H1N1 Flu shots	
Vitality Check™ blood screenings	

Healthy Living	
Tobacco free	  
Weight management	
Blood pressure, blood glucose and cholesterol levels	
Online health management courses	
Maternity / Disease management	

**Member can take over 30 actions to improve their health status. Automatic feeds allow for accurate monitoring and direct link between action, health status and incentives.**



## Other Activities...



- Update & confirm your email
- Receive a health preventive screening such as dental exams/cleanings, mammograms, prostate checks, pap smear and colorectal
- Get a flu shot
- Schedule and complete Healthy Habits
- Complete an online Course, Campaign or Conversation in the Health Campus
- Participate in Organized Wellness Activities, such as a Sports League, Group Fitness series or Athletic Event
- Have childhood immunizations
- Get CPR & First Aid certified
- Give blood
- **GOALS AND ACTIVITIES PROVIDED BY YOUR OWN PERSONAL PATHWAY**

Vitality



**Learn how small changes can make a big difference.**

# Get Educated



- HOME
- MY PROFILE
- GET HEALTHY
- GET EDUCATED**
- GET REWARDED

## GET EDUCATED

In Get Educated, learn more about your own health or a variety of other health topics. Participate in a certification program, online course or use tools like health calculators to better understand your current health status.



### COURSES

Engage in multi-week multi-media Courses led by a trainer to help you evaluate the way you think about your life and your lifestyle.

[LEARN MORE](#)



### CAMPAIGNS

Participate in a Campaign, or online self-management program, that provides you with ongoing secure, but tailored messages, personal stories, magazine-style articles, and interactive conversations.

[LEARN MORE](#)



### CONVERSATIONS

Join a Conversation, a 5-20 minute education module that focuses on small, sustainable solutions appropriate for you and your health needs.

[LEARN MORE](#)



### CALCULATORS

Use a Calculator, a quick online tool or assessment, to help you learn more about your health and current health status.

[LEARN MORE](#)



### CERTIFICATIONS

Complete a basic CPR or First Aid course and learn to contribute in an emergency situation - you could even save a life!

[LEARN MORE](#)



Vitality



Reap the benefits of healthy change.

# Get Rewarded



- HOME
- MY PROFILE
- GET HEALTHY
- GET EDUCATED
- GET REWARDED

## GET REWARDED

Vitality was created to empower you to live a healthy lifestyle, with tools you'll need along the way. By participating in health-related activities you can get rewarded. Explore all Vitality has to offer and you'll be rewarded in more ways than one.



Status	Single/Family
Initial Status - Smoker	\$0
Initial Status - Non Smoker	\$50
Complete Health Risk Assessment* & biometric screening	\$35
2,500 Points	\$40
6,000 Points	\$75
10,000 Points	\$100

**TOTAL CREDITS AVAILABLE :** \$300 Stipend

### Who's Eligible:

All employees in the 2012 MetroHealth Select plan

# Achieving Vitality Status<sup>®</sup>



- As you increase your points, you'll also increase your **Vitality Status**.
- As your status increases, you'll earn credits toward your deductible and/or stipend



**Principal Member**   **Not yet active**   **HRA completed**   **2,500 PTS**   **6,000 PTS**   **10,000 PTS**

# Vitality in a Nutshell



1. Register to become a member at [www.PowerofVitality.com](http://www.PowerofVitality.com)
2. Complete your Health Risk Assessment
3. Complete a Verified Biometric Screening
4. Review and activate any of your goals and work towards completing them
5. Engage in numerous Vitality activities
6. See your points add up and status increase
7. Reward yourself by earning back your deductible or stipend
8. Repeat steps 2 – 6 every program year!

# Contact Information

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## Vitality Customer Care:

**Time:** M – F, 9 AM to 6 PM EST

**Phone:** 877-224-7117

**Email:** [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com)

Thank you

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Questions?