



Stay
inspired
and
informed

Along your personal journey to a healthier life, you want inspiration and information that's just for you. Vitality provides you with just that with the Power of Vitality **Newsfeed** and **Message Center**.

The pat on the back you deserve

Vitality wants to remind you just how your commitment to your health is paying off, so many of the messages in the Vitality Newsfeed are **custom to you** and **visible only to you**. Look for acknowledgments of your accomplishments – big or small – and notes of encouragement to keep working toward your Vitality Status® and health goals. The newsfeed is refreshed every day and can also include:

- **Updates** to the Vitality program
- Opportunities to **participate in polls** and view the results
- **Motivational articles** and links to blogs and research
- Healthy activity **suggestions, advice** or **recipes**
- Posts from your **company** or **Vitality Champ**

What you need to know

Look for the **envelope icon** in the upper right-hand corner of your homepage to access your Message Center. When “you’ve got mail,” you’ll see a numeral indicating the number of messages waiting for you. Check your mailbox frequently for:

- **Detailed information** on your activity in the program
- **Custom alerts**
- News on events or other **relevant information** from your employer



www.PowerofVitality.com

Privacy is a top priority at Vitality, and we are committed to maintaining the highest level of confidentiality with all of the information we receive from our members.