



Create your Personal Pathway to better health



Vitality makes it easy for to chart your own Personal Pathway® to living a healthier life. With the Points Planner, you're in control, managing your health and choosing the healthy activities in which you want to engage and complete.

Choose from a variety of categories – including **physical activity, online education, prevention and more** – to earn Vitality Points™ and plan how you want to reach your desired Vitality Status®.

Tailoring your Vitality Points Planner

See what points are available to you as well as those you've earned in a variety of categories when you visit the **Points Planner under the Points tab** on the PowerofVitality.com. You are in control of planning your personal pathway to a healthier life by:

- Choosing categories that coincide with your focus
- Understanding how many Vitality Points each activity is worth
- Adding and completing activities for points
- Viewing your progress in each category and the points that you earn each month
- Updating your path at any time along the way

Vitality can help you plan your points

The **Quick Points Planner tool** can suggest activities to help you get where you want to be ... and possibly beyond! After you answer a few questions about your current level of physical activity and which status level you would like to achieve, Vitality provides **instant feedback** and presents you **specific activities** to choose and add to your pathway.

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.