

## POINTS PLANNER

### ACTIVITIES OVERVIEW

#### VITALITY REVIEWS 0 OF 975 POINTS EARNED

Vitality Health Review	500 points available
Mental Well-being Reviews	225 points available
Physical Activity Review	250 points available

#### VITALITY CHECK 0 OF 4,025 POINTS EARNED

Body Mass Index	1,125 points available
Blood Pressure	725 points available
Cholesterol	725 points available
Fasting Blood Glucose / HbA1C	725 points available
Cotinine	725 points available

#### GOALS FOR UNUSUAL TIMES 0 OF -- POINTS EARNED

Goals for Unusual Times Check-in	-- points available
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#### ONLINE EDUCATION 0 OF 2,100 POINTS EARNED

Nutrition Courses	900 points available
Health FYI Webcasts	600 points available
ActionSets and Decision Points	300 points available
Interactive Tools	300 points available

#### PHYSICAL ACTIVITY 0 OF 7,000 POINTS EARNED

Light Workout	-- points available
Standard Workout	-- points available
Advanced Workout	-- points available
Level 1 Athletic Event	-- points available
Level 2 Athletic Event	-- points available
Level 3 Athletic Event	-- points available
Sports Leagues	-- points available

#### GOALS 0 OF 1,500 POINTS EARNED

Goals Check-in	1,500 points available
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#### CERTIFICATIONS 0 OF 250 POINTS EARNED

CPR Certification	125 points available
First Aid Certification	125 points available

#### COACHING AND LIFESTYLE GUIDANCE 0 OF 3,700 POINTS EARNED

Health Advising – call 833.385.8118	400 points available
Health Coaching Enrollment	100 points available
Digital Coaching with Expert Support Completion	2,000 points available
Talk with a Coach	1,200 points available

#### WORKPLACE PROGRAMS 0 OF 3,700 POINTS EARNED

Freedom From Smoking® Program	1,000 points available
WW (Weight Watchers Reimagined) Program	1,000 points available
LiveHealth Online Registration	100 points available
Naturally Slim Program	1,000 points available
Fitness Assessment/Strength Training Orientation Activity	250 points available
Healthcare Bluebook Challenge	100 points available
COVID-19 Antibody Testing	250 points available

#### PREVENTION 0 OF -- POINTS EARNED

Dental Screening	200 points available
Flu Shot	200 points available
Health Screening	-- points available

#### OTHER ACTIVITIES 0 OF -- POINTS EARNED

Living Smoke Free	725 points available
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Vitality is committed to helping you achieve your healthiest life, and offers rewards to all members who participate in our wellness program. If for any reason, you think you are unable to meet an outcome or activity-based standard or its reasonable alternative under Vitality, please consult with your physician who can evaluate your capabilities and determine whether or not you need to complete and submit a waiver. Prior to meeting with your physician, please visit the Forms & Waivers page to download the applicable waiver. Complete the waiver and submit it to Vitality along with a letter from your physician.

## POINTS PLANNER

### YOU HAVE 0 ACTIVITIES ON YOUR PATHWAY

As you complete activities, items will automatically move to your points statement.

0

POINTS PLANNED ON YOUR PATHWAY

