



Powering up with Vitality

Vitality helps you be the healthiest you can be for yourself and those you love. Whatever your goals are, Vitality provides a range of tools and resources to navigate your way to a healthier you. Including:

- Access your personalized journey based on your current health status and preferences
- Link a health tracker to sync your activity
- Create and track goals on a variety of health topics
- Access health content and educational tools relevant to your focus areas
- Stay motivated and get rewarded by earning points and achieving a status

Get started on January 1 by registering on PowerofVitality.com or on the Power of Vitality app. Contact wellness@powerofvitality.com or 877-224-7117 for assistance.

