

# Path to GOLD and beyond!

2015 Plan Year runs 9/1/14 through 9/30/15



For every point you earn, you also earn a Vitality Buck to use at the Vitality Mall! Though Vitality points reset each plan year (10% roll over), Vitality Bucks do NOT. You keep 'em 'til you spend 'em!

#### **START HERE!**

Associates+Spouses: Log in to powerofvitality.com

Complete your online Vitality Health Review (VHR) in 10-15 min 500 pts

Complete your VHR in 1st 90 days of program year or new hire 250 bonus pts

**BRONZE** 

Get a biometric screening (Vitality Check) Pts for completion and in-range results Start a **Healthy Habit**Get Healthy >
Healthy Living
5 pts/day completed
and logged

Complete a Mental Well-Being Review Get Healthy > Mental Well-being 75 pts, up to 4/year

Get (and submit) your annual **Flu Shot** Home > Submit Activity 200 pts

Link your fitness device to Vitality Get Healthy > Fitness and Exercise Up to 10 pts/day

Activate a GOAL My Profile > My Goals Pts vary

See back for more info!

Update or confirm your **email address** My Profile > My Account 50 pts/year

Achieve a GOAL

Pts vary

**SILVER** 

Single = 2500 pts Married = 3750 pts

Take an online
Nutrition Course
Get Healthy >
Nutrition
300 pts, up to 3/year

Participate in a local Wellness Challenge Pts vary **GOLD** 

Single = 6000 pts Married = 9000 pts

Complete
your first verified
workout of the week
15 bonus pts

Complete
5 or more verified
workouts/week
40 bonus pts/week

Get (and submit) you

Dental Check-up

Home >

Submit Activity

200 pts/year

Watch monthly **Health FYI Webinars**Get Educated >

Health FYI

50 pts

Fill out a

Health Calculator

Get Educated >

Calculators

75 pts. up to 4/year

Complete (and submit)
a Vitality-listed
Preventive Screening
Home > Submit Activity
400 pts each

Continue to set new goals and achieve them

**PLATINUM** 

Single = 10000 pts Married = 15000 pts

Way to GO! Continue to challenge yourself. 10% of your points will rollover for next year!

BECOME YOUR BEST YOU.

WE'RE HERE TO HELP.



You can receive up to \$200 from Vitality toward qualifying health club memberships, smoking cessation initiatives and weight loss programs! For more information: *Get Rewarded > Wellness Rebates* 

## How do I complete my biometric screening?

## You have multiple options. Before your screening, you must fast for 8-12 hours and drink lots of water!

- Attend an on-site biometric screening event at your location – see your local CPD or Wellbeing Team Member for details
- 2) Go to a Quest Patient Service Center this is the EASIEST option outside of an on-site event!
  - 1) Go to <a href="mailto:my.blueprintforwellness.com">my.blueprintforwellness.com</a> and sign up for your desired time slot using Registration Key BW2015 and your PeopleSoft ID. If you do not know your PeopleSoft ID, call Quest Diagnostics at (866) 908-9440. Spouses: Add an "S" at the end of the BW associate's PeopleSoft ID.
  - 2) No payment or forms needed we have a direct bill and Quest will send your results to Vitality in 4-6 weeks

#### 3) Complete your screening at Walgreens

- 1) Visit Walgreens.com/Schedule
- 2) Once in the scheduler tool, check Wellness Pack OR Health Screening (18+) as the type of health test
- Provide the <u>Walgreens voucher</u> at your visit AND the <u>Release of Information form</u> (printable from Get Healthy > Vitality Check > How to get a Vitality Check > Pharmacy Network)
- 4) Walgreens will send your results to Vitality in 4-6 weeks
- 5) E-mail an itemized receipt to Lexie Dendrinelis (alexis.dendrinelis@barry-wehmiller.com) for reimbursement

#### 4) Complete your screening at your doctor's office

- 1) Download the <u>Vitality Check form</u> (*Get Healthy > Vitality Check > How to get a Vitality Check > Primary Care Physician*) and bring it with you to your appointment
- 2) Request the provider to complete and sign the form
- 3) Upload the completed form to Vitality (*Home > Submit Activity*)
- 4) E-mail an itemized receipt to Lexie Dendrinelis (alexis.dendrinelis@barry-wehmiller.com) for reimbursement

### How do I earn physical activity points?

#### There are many different ways to earn—choose what works best for you!

- 1) Link your fitness device to Vitality (pts vary): Fitbug, Fitbit, Garmin and Polar devices AND the Map My Fitness app can be linked to Vitality to earn points
  - 1) The first time you complete your VHR and Vitality Check, Barry-Wehmiller provides you with a Fitbug! You will get a pop-up message on Vitality that allows you to redeem.
  - 2) For more information or to link your device: Get Healthy > Fitness and Exercise > Fitness Devices
- 2) Work out at a Vitality partner health club (10 pts/day): Many of these clubs automatically submit your workouts to Vitality at the swipe of your membership card. To identify a partner club near you: Get Healthy > Fitness and Exercise > Partner Health Clubs
- 3) Work out at a non-partner health club and do one of the following (10 pts/day):
  - 1) Check in on the Vitality Today app at the start of your workout
    - i. Open the app and select Log a Workout
    - ii. Find your gym or fitness studio on the GPS-generated list, click on it, and check in
    - iii. Work out for at least 30 minutes at that location
  - 2) Submit your workout through the Vitality website
    - i. Get a health club-supplied workout completion form with the facility name and date/s you worked out OR print and complete Vitality's Health Club Workout Form (Home > Submit Activity)
    - ii. Scan your documentation
    - iii. Log in to Vitality and go to Home > Submit Activity
    - iv. Provide the information requested, upload your scanned document, and click "Submit"
- 4) Complete an athletic event such as a 3K+ walk, run, bike, triathlon (pts vary):
  - 1) Get an official copy of race results with your name highlighted, an official certificate of completion, or a race bib OR print and complete Vitality's Athletic Event Form (Home > Submit Activity)
  - 2) Within 90 days of the event, go to Home > Submit Activity OR Vitality Today app > Log an Event
  - 3) Provide the information requested, scan and upload your documentation, and click *Submit*
- 5) Participate on a sports team in a qualified, organized league (pts vary):
  - 1) Each sport season with a minimum 6 games or matches qualifies as one activity
  - 2) Get a copy of your league schedule with your team's name denoted or a copy of an award or certificate of league participation OR print and complete Vitality's Sports League Form (Home > Submit Activity)
  - 3) Within 90 days of the season's end, go to *Home > Submit Activity* OR *Vitality Today app > Log an Event*
  - 4) Provide the information requested, scan and upload your documentation, and click Submit

For comprehensive information on how many points you earn for specific physical activities: Get Healthy > Fitness and Exercise > Earning points for physical activity