



# 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!



See back for more info!



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](#)

**BECOME YOUR BEST YOU.**  
**WE'RE HERE TO HELP.**

## 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!**

- 1) 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!**
  - Go to [my.blueprintforwellness.com](http://my.blueprintforwellness.com) 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.*
  - 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**
  - Visit [Walgreens.com/Schedule](http://Walgreens.com/Schedule)
  - Once in the scheduler tool, check Wellness Pack OR Health Screening (18+) as the type of health test
  - Provide the [Walgreens voucher](#) at your visit AND the [Release of Information form](#) (printable from *Get Healthy > Vitality Check > How to get a Vitality Check > Pharmacy Network*)
  - Walgreens will send your results to Vitality in 4-6 weeks
  - E-mail an itemized receipt to Lexie Dendrinelis ([alexis.dendrinelis@barry-wehmiller.com](mailto:alexis.dendrinelis@barry-wehmiller.com)) for reimbursement
- 4) Complete your screening at your doctor's office**
  - Download the [Vitality Check form](#) (*Get Healthy > Vitality Check > How to get a Vitality Check > Primary Care Physician*) and bring it with you to your appointment
  - Request the provider to complete and sign the form
  - Upload the completed form to Vitality (*Home > Submit Activity*)
  - E-mail an itemized receipt to Lexie Dendrinelis ([alexis.dendrinelis@barry-wehmiller.com](mailto: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
    - 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.
    - 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**
      - Open the app and select *Log a Workout*
      - Find your gym or fitness studio on the GPS-generated list, click on it, and check in
      - Work out for at least 30 minutes at that location
    - 2) Submit your workout through the Vitality website**
      - 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*)
      - Scan your documentation
      - Log in to Vitality and go to *Home > Submit Activity*
      - 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):**
    - 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*)
    - Within 90 days of the event, go to *Home > Submit Activity* OR *Vitality Today app > Log an Event*
    - 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):**
    - Each sport season with a minimum 6 games or matches qualifies as one activity
    - 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*)
    - Within 90 days of the season's end, go to *Home > Submit Activity* OR *Vitality Today app > Log an Event*
    - 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*