



Path to GOLD and Beyond!

BW Wellbeing Program Year Runs 10/1 Through 9/30



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 information!



Team members and spouses can receive up to \$400 per person from Vitality toward qualifying health club memberships, and up to \$200 for completing tobacco-cessation and weight-reduction programs!



How do I complete my biometric screening (Vitality Check)?

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

- 1) **Attend an onsite 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 onsite event!
 - a. Login to www.powerofvitality.com, go to *Health Profile > Vitality Check*
 - b. Click *Schedule your Vitality Check with Quest* under *Quick Links*
 - c. You may also call Quest Diagnostics at 855.623.9355
 - d. No payment or forms needed—we have a direct bill, and Quest will send your results to Vitality and to you in the mail in 4-6 weeks
 - e. Don't forget to bring your screening results with you to your annual physical with your primary care physician!

NOTE Quest Patient Service Centers close for the remainder of the program year at the beginning of August, so schedule your screening before then OR complete at your doctor's office.

- 3) **Complete your screening at your doctor's office**
 - a. Download the [Vitality Check form](#) and [Cotinine Screening form](#) (*your name in upper right > Forms and Waivers > Vitality Check*) and bring them with you to your appointment
 - b. Ask your doctor to complete and sign the forms
 - c. Upload the completed forms to Vitality (*your name in upper right > Forms and Waivers > Vitality Check*)
 - d. Your results will be posted within one week
 - e. E-mail an itemized receipt to bwwellbeing@barry-wehmiller.com for reimbursement (limit of one per BW Wellbeing program year)

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 (up to 15 pts/day):** Apple, Fitbit, Garmin and Polar devices AND the Map My Fitness app can be linked to Vitality to earn points
 - a. The first time you complete your Vitality Health Review (VHR) and biometric screening (Vitality Check), Barry-Wehmiller provides you with a \$70 Vitality Mall coupon per person to apply toward a fitness device!
 - i. To redeem your coupon: Select any fitness device in the Mall (*Rewards > Fitness Devices*). At checkout, click *Apply* under the *Available Promotions*
 - b. For more information or to link your device, see: *Devices* on your Vitality homepage
- 2) **Work out at a health club and do one of the following (pts vary):**
 - a. Check in on the Vitality Today app at the start of your workout
 - i. Open the app and select *Gyms*
 - 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 min. at that location
 - iv. Don't see your gym? From *Gyms*, find *Still don't see your gym?* and click *Add Gym* and enter your gym's information
 - b. Submit your workout through the Vitality website
 - i. Login to Vitality and go to: *your name in upper right > Forms and Waivers > Gym Workout*
 - ii. Provide the information requested and click *Submit*
- 3) **Work out at home (pts vary):**
 - a. Work out for at least 30 min.
 - b. Go to: *your name in upper right > Forms and Waivers > Gym Workout* OR *Vitality Today app > Submit Activity*
 - c. Enter Home in the *Name of Gym/Health Club* field
 - d. Submit a screenshot of the workout app or video you completed, or simply submit a selfie of yourself working out at home
- 4) **Complete an athletic event, such as a 3K+ walk, run, bike, triathlon (pts vary):**
 - a. 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: *your name in upper right > Forms and Waivers > Athletic Event*
 - b. Within 90 days of the event, go to: *your name in upper right > Forms and Waivers > Athletic Event* OR *Vitality Today app > Submit Activity*
 - c. 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, go to:
Resources > Guide to Vitality > Vitality Points > Physical Activity