



Path to GOLD and Beyond!

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



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

START HERE!
Team Members+Spouses:
Login to
www.powerofvitality.com

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

Complete your VHR in
first 90 days of program
year or hire date
250 bonus pts

BRONZE

Get a **biometric screening**
(Vitality Check)
Pts for completion
and in-range results

Get (and submit)
your annual
vision screening
200 pts

Complete a **Mental Wellbeing Review**
75 pts, up to 3/year

Get (and submit) your
annual **flu shot**
200 pts

Link your **fitness device/smartphone app/heart-rate monitor**
to Vitality
Up to 15 pts/day

Set and check
in to a **goal**
30 pts/week

Complete a
Sleep Well Cycle
Up to 300 pts

Watch a
retirement webinar
through Principal
Up to 200 pts

SILVER
Single = 2,500 pts
+500 Bonus Bucks
Married = 3,750 pts
+750 Bonus Bucks

Take an online Vitality
nutrition course
300 pts, up to 3/year

Participate in a local
Wellbeing Challenge
Pts vary

GOLD
Single = 6,000 pts
+2,000 Bonus Bucks
Married = 9,000 pts
+3,000 Bonus Bucks

Complete a
milestone workout
Pts vary

Link your
meditation app
to Vitality
Up to 200 pts

Get (and submit) your
dental screenings
200 pts/screening

Watch monthly
Health FYI Webinars
50 pts

Complete an
Interactive Tool
(fill out survey and
click Submit)
75 pts, up to 4/year

Complete (and submit)
a Vitality-listed
preventive screening
400 pts/screening

Continue to
**set new goals and
achieve them**
Pts vary

PLATINUM
Single = 10,000 pts
+4,000 Bonus Bucks
Married = 15,000 pts
+6,000 Bonus Bucks

Way to GO!
Continue to challenge
yourself. 10% of your
Vitality Points will roll
over for next year!

= See back for more information!



Team members and spouses can receive up to \$400 per person per year from Vitality toward qualifying gym memberships! See p. 4-5 in your YOUilities Handbook for more information.



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 People Team representative 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 and go to *Health Profile > Vitality Check*
 - b. Click *Schedule your Vitality Check with Quest* under *Quick Links*
 - c. You may also call Quest 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 provider!

NOTE: Quest Patient Service Centers close for the remainder of the program year at the end of July, 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 and Cotinine Screening forms (login to www.powerofvitality.com and go to *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 (login to www.powerofvitality.com and go to *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 bwellbeing@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/smartphone app/heart-rate monitor 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 Vitality Mall (login to www.powerofvitality.com and go to *Rewards > Fitness Devices*). At checkout, click *Apply* under the *Available Promotions*
 - b. For more information or to link your fitness device/smartphone app/heart-rate monitor, login to www.powerofvitality.com and go to *Devices* on your Vitality homepage
- 2) **Work out at a gym and do one of the following (10 pts/day):**
 - 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 www.powerofvitality.com 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 (10 pts/day):**
 - a. Work out for at least 30 min.
 - b. Login to www.powerofvitality.com and go to *your name in upper right > Forms and Waivers > Gym Workout*
 - c. Provide the information requested (enter "Home" in the *Name of Gym* field) and click *Submit*
- 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, found when you login to www.powerofvitality.com and go to *your name in upper right > Forms and Waivers > Athletic Event*
 - b. Within 90 days of the event, login to www.powerofvitality.com and go to *your name in upper right > Forms and Waivers > Athletic Event* OR *Vitality Today app > Activities > Physical Activity > Athletic Event*
 - 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, login to www.powerofvitality.com and go to *Resources > Guide to Vitality > Vitality Points > Physical Activity*

NOTE: All personal information is protected by the Health Insurance Portability and Accountability Act (HIPAA). None of your personal health information within Vitality is ever shared with Barry-Wehmiller without your consent.