

POWER UP Your Wellbeing with **Vitality®!**

To-Do List BEFORE October 1

- ☐ Make note of your **Vitality login credentials** (these will stay the same on the refreshed Vitality website)
- ☐ To **stay in-the-know** about the updates, opt into Vitality e-mail communications
 - ⚡ **Go to:** powerofvitality.com > your name in upper right > Settings > check the box and click Save under Manage Email Communications
- ☐ Canada team members: **Redeem ALL Vitality Bucks** and record any unused gift card numbers/codes (you don't have to use gift cards by September 30—just redeem your Vitality Bucks)
- ☐ If applicable, **remind your spouse** to complete the to-do list above!

To-Do List AFTER October 1

- ☐ Attend a **Vitality transition overview presentation** in October to earn 100 Vitality Points—sign up at bw.care/powerup. For spouses, too!
- ☐ Login to the NEW powerofvitality.com and complete the **Vitality Onboarding Assessment** to earn 75 Vitality Points
- ☐ Complete the **Vitality Health Assessment** (formerly Vitality Health Review) to earn a \$10 Instant Reward and 500-750 Vitality Points
 - ⚡ **Go to:** homepage's Earn points section > Assessments > Health assessment
- ☐ Download the **NEW pink Power of Vitality app** and opt into notifications; delete the old orange Vitality Today app
 - ⚡ **Go to:** your initials in upper left > Communications > toggle on push notifications/e-mail messages
- ☐ If necessary, **relink your fitness device/smartphone app/heart-rate monitor**, and be sure to allow Vitality to read your activity data (some apps, like Apple Health, can only be connected through the **Power of Vitality app**)
 - ⚡ **Go to (powerofvitality.com):** your profile image in upper right > Apps and devices
 - ⚡ **Go to (Power of Vitality app):** your initials in upper left > Apps and devices
- ☐ Start exploring and **earn more points** than ever before! You can set goals right from the homepage, and explore health topics there, too, plus complete even more prevention activities (homepage's Earn points section > Prevention)!
- ☐ If you haven't already, **schedule your biometric screening** (formerly Vitality Check) and earn a \$25 Instant Reward and 500-4,025 Vitality Points—instructions at bwwellbeing.com
- ☐ Make a plan to regularly **check your points balance and status** throughout the year (at upper-right corner)—Vitality will be tapering off sending the seven-day points summary e-mail each Monday
- ☐ If applicable, **remind your spouse** to complete the to-do list above!



Need additional ideas on how to reach Vitality GOLD status? AFTER OCTOBER 1, visit bw.care/powerup for more details and a refreshed **Vitality Path to GOLD and Beyond** flyer!

Need help? Visit the Vitality help center or e-mail bwwellbeing@barry-wehmiller.com.