


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*
- ☐ US team members: **Record any unused gift card numbers/codes** (you don't have to use gift cards by September 30—just record the numbers/codes)
 - ⚡ **Go to:** powerofvitality.com > *your name in upper right* > *Order History*
- ☐ If you are new to BW **AND** have completed a biometric screening and Vitality Health Review, redeem your **\$70 Vitality Mall coupon** toward a fitness device
 - ⚡ **Go to:** powerofvitality.com > *Rewards* > *Fitness Devices* > *select the device you wish to purchase* > *apply the coupon at checkout*
- ☐ 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 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*)!
- ☐ **Play Squares** to earn 10-50 Vitality Points (at *Rewards*)
- ☐ If you haven't already, **schedule your biometric screening** (formerly Vitality Check) and earn 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.