

Vitality® Path to **GOLD** and Beyond!

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



U.S. Team Members & Spouses: For every Vitality Point you earn, you also earn a Vitality Buck for team members 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!



**If you are enrolled in BW medical/dental/vision benefits, you will not need to upload anything to earn your Vitality Points after completing these activities!*

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 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 / Power of Vitality app, and scroll to the homepage's *Earn points section > Prevention > Biometric screening*

b. Click/tap *Schedule screening or view lab results*

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 *Biometric screening* and *Cotinine screening* forms (login to www.powerofvitality.com / Power of Vitality app, and scroll to the homepage's *Earn points section > Prevention > Biometric screening*), 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 / Power of Vitality app, and scroll to the homepage's *Earn points section > Prevention > Biometric screening > Submit results*)

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 Vitality 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 Health, Fitbit, Garmin and Polar devices AND the MapMyFitness app can be linked to Vitality to earn points; login to www.powerofvitality.com / Power of Vitality app > *your profile image in upper right/upper left > Apps and devices*



Some apps, like Apple Health, can only be connected through the Power of Vitality app—scan this QR code to download it TODAY, and be sure to allow Vitality to read your activity data and send notifications (*your profile image in upper left > Communications > toggle on push notifications/e-mail messages*)

2) **Work out at a gym and do one of the following (10 pts/day):**

a. Check in on the Power of Vitality app at the start of your workout

i. Open the app and tap *your profile image in upper left > Gym locator* (under Other)

ii. Find your gym or fitness studio on the GPS-generated list, tap it and tap *Log Workout*

iii. Work out for at least 30 min. at that location

iv. Don't see your gym? From *Gym locator*, scroll down to tap *Still don't see your gym?* and enter the information requested, then tap *Request to add*

b. Submit your workout through the Vitality website/app

i. Login to www.powerofvitality.com / Power of Vitality app, and scroll to the homepage's *Earn points section > Wellbeing > Workouts > Gym workout > Submit gym workout*

ii. Provide the information requested and click/tap *Submit results*



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 YOUtilities Handbook for more information.

3) **Work out at home (10 pts/day):**

a. Work out for at least 30 min.

b. Login to www.powerofvitality.com / Power of Vitality app, and scroll to the homepage's *Earn points section > Wellbeing > Workouts > Gym workout > Submit gym workout*

c. Provide the information requested (enter "Home" in the *Name of Gym* field) and click/tap *Submit results*

4) **Participate in an athletic event (such as a 3K+ walk, run or triathlon) and/or sports league (50 pts each):**

a. To earn points, upload proof of your activity completion (examples of proof may include an event bib or official event results with your name highlighted, an official award or certificate, or a sports league schedule)

b. Within 90 days of the event, login to www.powerofvitality.com / Power of Vitality app, and scroll to the homepage's *Earn points section > Wellbeing > Fitness activities > Athletic event and sports league > Submit results*

c. Provide the information requested, scan and upload your documentation, and click/tap *Submit results*

For comprehensive information on how many points you earn for specific physical activities, login to www.powerofvitality.com / the pink Power of Vitality app, and scroll to the homepage's *Earn points section > Wellbeing > Fitness activities/Workouts*