

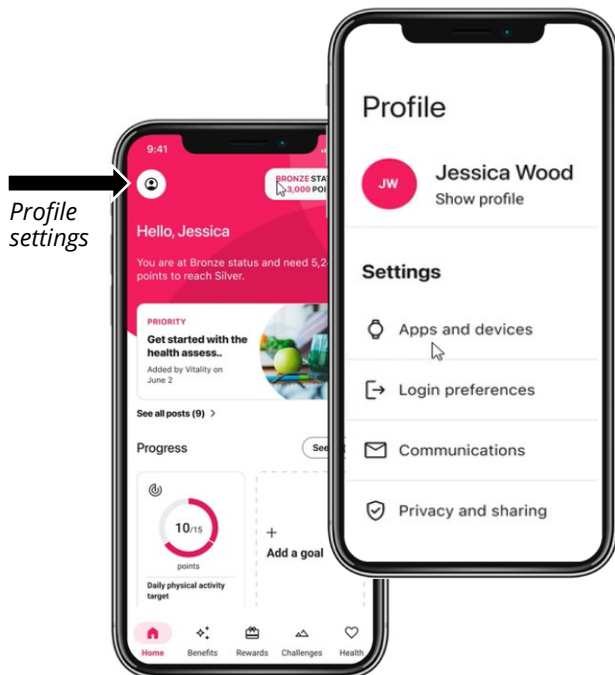


Let's Get Started!

KICKSTART WELLNESS

Prioritize your wellbeing and reward yourself!

Earn points for health-related activities like exercise, preventative screenings, education, goal-setting, and more!



Get Registered!

Create your Vitality account at

PowerofVitality.com

**Password is 12 characters, User ID is NOT an email*

Enroll between August 1–21, 2026 for the chance to win one of 50, \$50 gift cards!

Get Moving – Connect a Device

Profile Settings (top left icon on app) >

Apps and Devices > Select your device(s) of choice – share all activity (*calorie burn, heart rate, etc.*)

Workouts are divided into 3 Levels:

Light (5 pts), Standard (10 pts), Advanced (15 pts)

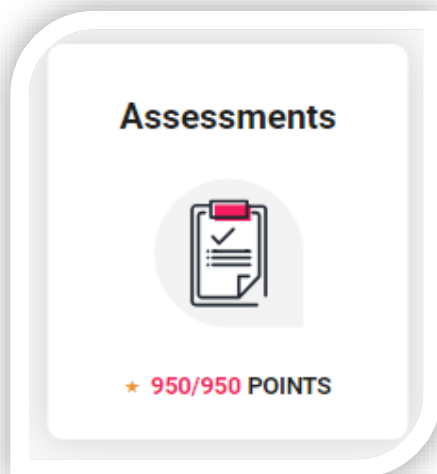
**Awarded for ONE workout a day, the highest point earner*

Unlock Your Vitality Age

Scroll to Assessments at the bottom of the Home Page > Health Assessment (500 pts+) – This assessment will reveal your Health Age

Set a Goal – Earn 15 points/day

Set both short and long-term goals, max of 3 goal check-ins a day for 5 pts each.



Scan to download or open the Power of Vitality mobile app