



Vitality

by **WEA**trust

The Vitality Wellness Program

MAKING HEALTHY CHOICES EASIER

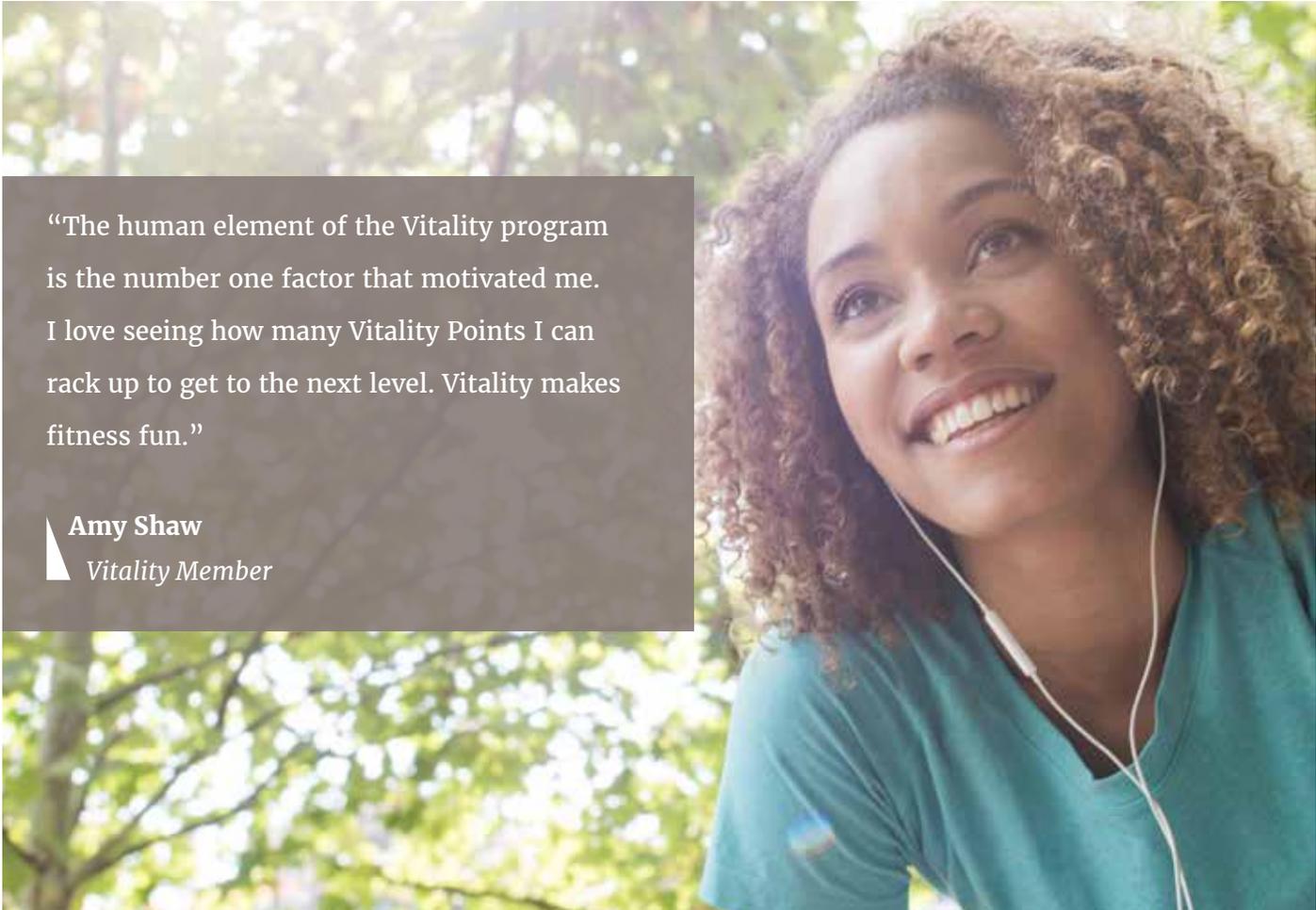
Should you get extra sleep or wake up early to exercise? How nutritious is a hamburger? Sometimes, it's hard to make the healthy choice. That's where Vitality comes in. Vitality is a health promotion program built to continuously inspire, motivate and reward you to live your healthiest life.

Available to you through your employer, Vitality is geared to help you achieve your individual goals and feel supported by your work community. You will learn about your current health status, then complete activities that improve your health and lifestyle behaviors—all while unlocking a series of positive rewards.

HOW VITALITY WORKS

Vitality helps you know your current health status, improve your health based on your specific goals, and earn rewards along the way. The program is easy to access online or on your phone, with fun activities designed to fit into your busy life.

Your journey will start when you take the Vitality Health Review™, an interactive health risk assessment. Next, Vitality will calculate how old you are based on your health risks, not your chronological age. This tool is a powerful motivator for healthy lifestyle changes. From here, you can follow a custom wellness pathway to help you achieve your wellness goals and earn rewards.



“The human element of the Vitality program is the number one factor that motivated me. I love seeing how many Vitality Points I can rack up to get to the next level. Vitality makes fitness fun.”

Amy Shaw

Vitality Member



VITALITY TODAY

The Vitality mobile app will keep you connected and earning points!

Tailored to You

IMPROVE YOUR HEALTH, YOUR WAY

No matter your current health status, Vitality will help you improve both your physical and mental wellbeing. If you want to start a walking program, you can sync your Fitbit® to track daily steps.

If you want to run a 5K, you can check in from your gym on Vitality's mobile app. You can even complete an online nutrition course to help you eat healthier.

CHOOSE YOUR REWARDS

As you complete activities on Vitality, you'll get more than the satisfaction of attaining better health. You will achieve higher Vitality Status, which means you earn more Vitality Bucks®. With your Bucks, you can "buy" rewards such as an Amazon.com Gift Card, which is redeemable for millions of items in a wide range of categories.

Vitality's Features

The Vitality wellness program has a variety of features to help you stay healthy. Before diving into the full program, take a look at these core features.

MY VITALITY
AGE

VITALITY AGE®

The wellness journey starts here. Vitality Age compares your health risk-related age to your actual age. The tool is a high-impact, yet easy-to-understand, motivator for change.

INTEGRATED WELLNESS NETWORK

Vitality syncs with 100+ wearable devices and thousands of gyms, making it easier for you to track points and earn rewards on your mobile app.



VITALITY BUCKS®

You can use Vitality Bucks to "buy" rewards of your choosing, like movie passes, charitable donations and gift cards for iTunes or Amazon.com. Vitality Bucks don't expire for participating employees.

LEARN MORE AT

WEAtrust.com/Vitality



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