



Powering up with Vitality

The Power of Vitality program has all kinds of healthy activities to inspire you to be the healthiest you can be for yourself, your friends and your family. Along the way, celebrate your accomplishments by earning points for the rewards you deserve.

Begin your Personal Pathway™ to better health by:



1. Registering at PowerofVitality.com or in the Power of Vitality mobile app. It's quick and easy. Simply complete all the required fields and accept the terms and conditions.



2. Exploring the website or mobile app to see all of the resources available, healthy activities you can earn points for and understand what you can do to achieve a higher status.



3. Taking the health assessment. Once completed, you'll get a detailed report of your overall health as well as your Vitality Age®, a great motivator that can also give you an idea on how to plan your pathway.

Register now at PowerofVitality.com or contact us for more information at 877.224.7117 or wellness@powerofvitality.com.



Scan to download the Power of Vitality mobile app