SUBMIT YOUR PREVENTION ACTIVITIES!



Earn points for prevention activities! Activities can be uploaded directly to your portal from the mobile app or desktop!

*Activities from 5/1/2023-4/30/2024 will count towards this program year.



Health Screening

400 points per screening per year that applies to you!

Colorectal Screenings Mammograms Pap Smears Annual Physical Exam (500 Points)



Dental Exams

200 points per exam (bi-annual) per program year!



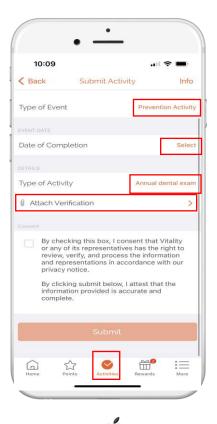
Vaccines

200-250 points per vaccine per program year!

> Flu Covid 19 Shingles

SUBMIT THROUGH THE APP:

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=	Submit Activity	INFO
Type of Ev	ent Pre	vention Activity
EVENT DATE		
Date of Co	mpletion	Sep 1, 2020
DETAILS		
Prevention		Flu shot
VERIFICATION	IMAGE	
Flushot.j		-
peg	REPLACE IMAGE	W
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Settings

Forms and Waivers

Order History

SUBMIT THROUGH THE PORTAL:

Consent

Log out

FORMS	PREVENTION
Athletic Event	Learn more
CPR Verification	Taking the time to see your personal care physician or a specialist on a regular basis is an important key to maintaining your health and to problems before they become serious. Because they play such a big role in staying healthy. Vitality offers points for the following preventa
Disease Management	screenings:
First Aid Verification	Annual Dental Exam
Gym Workout	Colorectal Screening
Maternity Management	COVID-19 First Dose
	COVID-19 Second Dose
Prevention	COVID-19 Single-Dose Only
Self-Reported Workout	COVID-19 Booster
Sports League	Flu Shot
Vitality Check	Mammogram
Financial Health	Pap Smear
Workplace Programs	Please note that only activities done on or after your effective date with Vitality may be submitted.
	Each screening can be submitted for points once per policy year. To qualify for Vitality Points, you must include proof of your prevention a
Healthcare Support	can include:
WAIVERS	An Explanation of Benefits
Biometrics Physician	A medical record indicating the type and date of service provided
Physical Activity Acc	A copy of your screening results from the doctor's office
Prenatal Care Verific	SUBMISSION FOR
	Mysalf -
	'You must submit your proof
lf you prefer, yo	bu can send your proof to the Vitality care center team, and they can process it for wellness@powerofvitality.com / fax: 877-224-7110



HOW TO SUBMIT YOUR VITALITY CHECK

Activities Submit Activity Vitality Reviews Earn up to 975 points Vitality Check Type of Event Date of Measurement Select Vitality Check Earn up to 4,025 points per year > Attach 1 Image YOUR HEALTH INFORMATION Height Ft.In. **COVID** Awareness Weight and Prevention Individual maximums apply Lbs m (n) S Waist ctivities Home Rewards In.

Submitting your Vitality Check is easy. You can submit in the mobile app (as seen above) OR from your desktop. You will need the following:

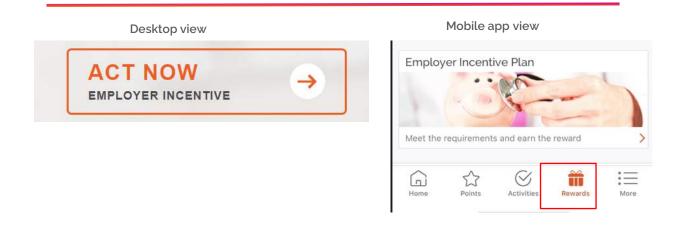
• Your screening results (this could be your official results from your lab such as Quest, or your signed Vitality Check form from your physician)

*Need more info? Please refer to the Vitality Check link in your portal Learn more

If you prefer, you can send your Vitality Check form to Vitality Customer Care, and they can process it for you. wellness@powerofvitality.com / fax: 877-224-7110. Please makes sure to include your Vitality ID



How to view your incentive page and pro tips!



Make sure to check the Employer Incentive page on your portal accessible via the desktop OR from your mobile app. Meet the following requirements by April 30, 2024:

- Take the Vitality Health Review
- Achieve Platinum Status

*Please make sure all activities are submitted by April 30, 2024. Don't wait until the last minute! Allow time for processing and check your points statement regularly!

Be sure to visit your Points Planner tool (Activities button in the mobile app) for more ways to earn points.

