

# 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!

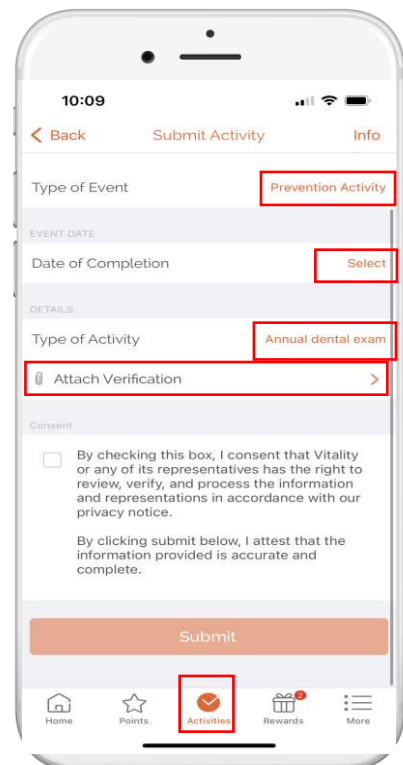
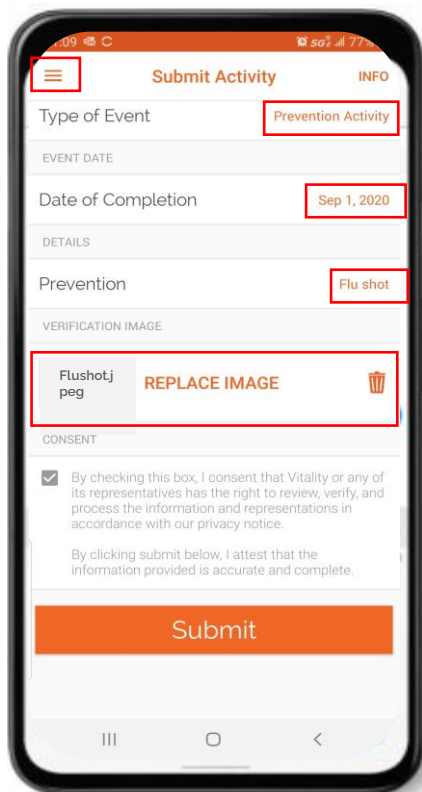


## Vaccines

**200-250 points** per vaccine per program year!

*Flu  
Covid 19  
Shingles*

## SUBMIT THROUGH THE APP:





Michelle

Settings

Forms and Waivers

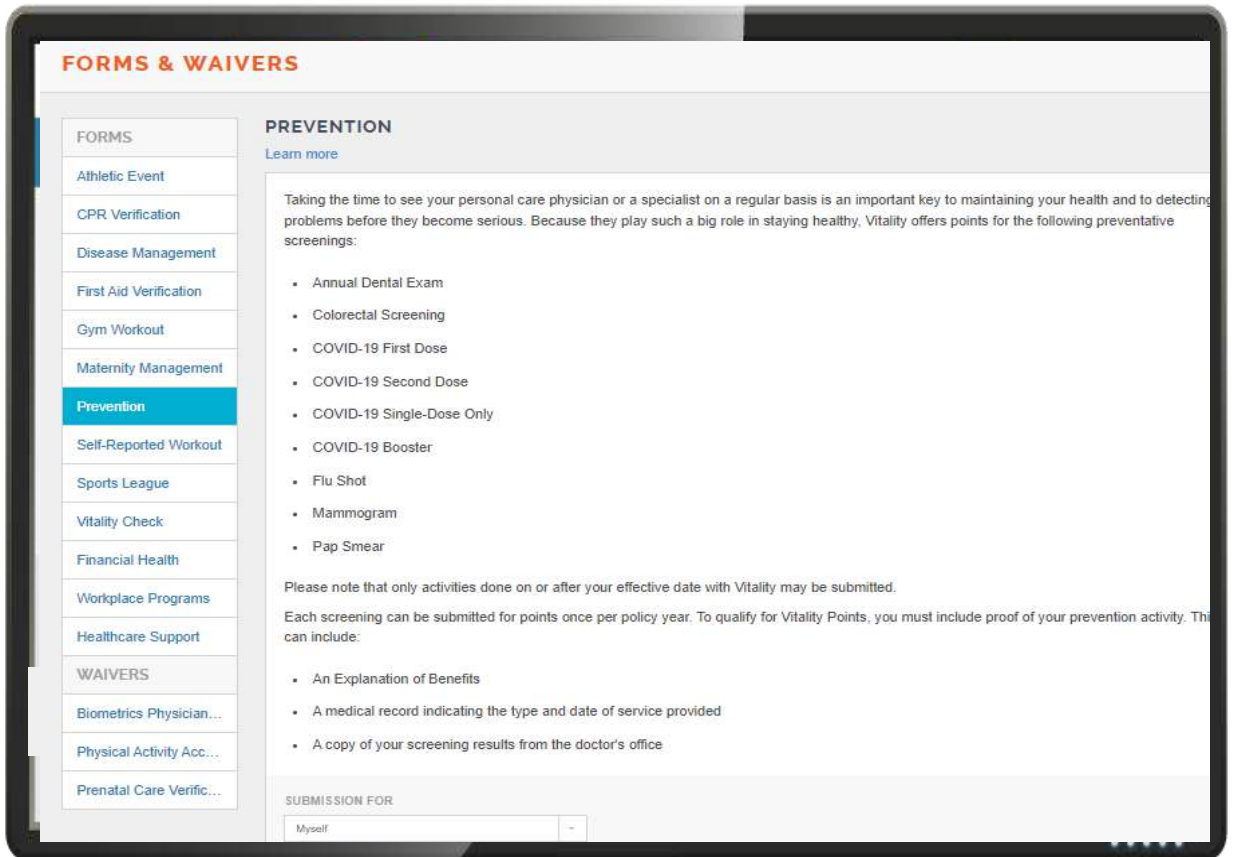
Order History

Consent

Log out



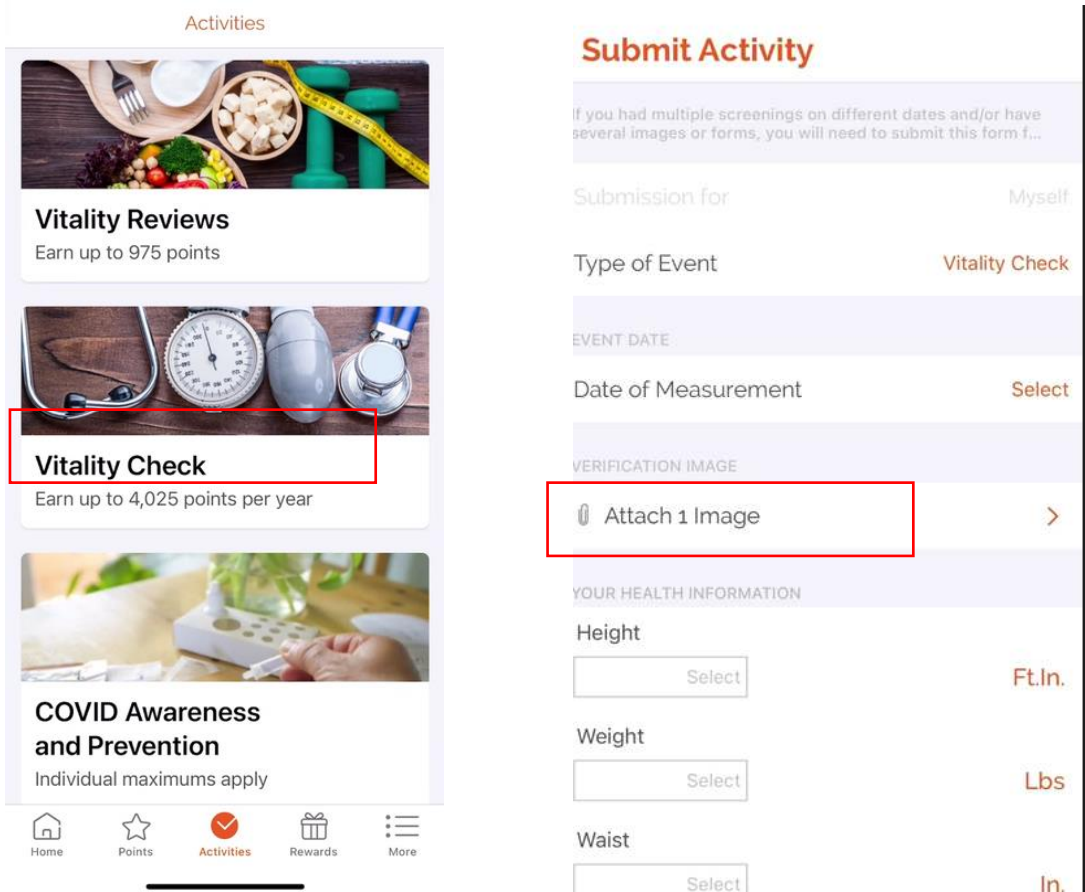
SUBMIT THROUGH THE PORTAL:



\*You must submit your proof

If you prefer, you can send your proof to the Vitality care center team, and they can process it for you.  
[wellness@powerofvitality.com](mailto:wellness@powerofvitality.com) / fax: 877-224-7110  
Please be sure to include your full name and DOB.

# HOW TO SUBMIT YOUR VITALITY CHECK



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](#)

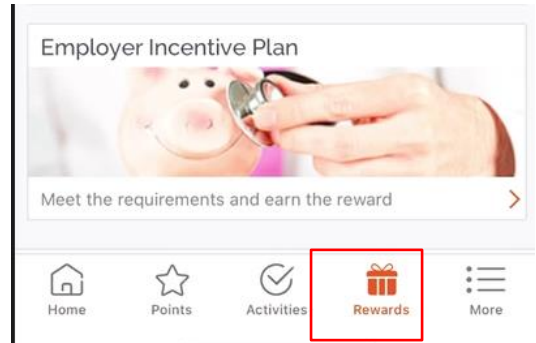
If you prefer, you can send your Vitality Check form to Vitality Customer Care, and they can process it for you. [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com) / fax: 877-224-7110. Please make sure to include your Vitality ID

## How to view your incentive page and pro tips!

Desktop view



Mobile app view



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.