

2024 EARNING POINTS AND STATUS

How To Earn Vitality Points:

VITALITY ACTIVITIES

This chart shows the Vitality Points® value of many activities available. Points shown are for an individual member in a program year.

An eligible spouse can also earn points jointly for an even quicker increase in Vitality Status®.

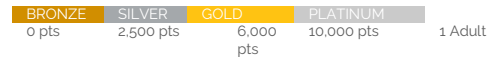
POINTS PLANNER

The Points Planner on the Vitality website displays these activities and the points available. You can also easily plan your activities with the Quick Points Planner. After you answer a few questions, Vitality provides you with instant feedback and presents you with specific activities from which to choose.

How to achieve Vitality Status:

VITALITY STATUS

Vitality Status is determined by the number of Vitality Points that you and your eligible spouse earn based on the activities in which you partake. There are four Vitality Status levels: Bronze, Silver, Gold and Platinum.



All you need to know about earning Vitality Points and achieving Vitality Status is available in the Guide to Vitality on PowerofVitality.com.

Vitality is committed to helping members achieve their healthiest lives and offers rewards to all members who participate in our wellness program. If for any reason, a member is unable to meet an outcome or health-contingent activity standard or its reasonable alternative under Vitality, a medical waiver is available.

www.PowerofVitality.com



Ways To Earn Vitality Points

VITALITY REVIEWS

| Activity | Points | Frequency |
|-------------------------------|-----------|----------------|
| Vitality Health Review™ (VHR) | 500 | Once per year |
| VHR bonus: First 90 days | 250 | Once per year |
| Mental Well-being Review | 75/review | Three per year |
| Physical Activity Review | 250 | Once per year |

PHYSICAL ACTIVITY

| Activity | Points | Frequency |
|-------------------------|--------|--------------------|
| Self-reported Workout | 5 | Once per day |
| Light Workout | 5 | Once per day |
| Standard Workout | 10 | Once per day |
| Advanced Workout | 15 | Once per day |
| Sports league | 350 | Up to category max |
| Athletic event: level 1 | 250 | Up to category max |
| Athletic event: level 2 | 350 | Up to category max |
| Athletic event: level 3 | 500 | Up to category max |
| Workout milestone bonus | varies | Up to category max |

Category maximum: 7,000 points

Max one workout per day. We will award only the highest-level workout.

PREVENTION

| Activity | Points | Frequency |
|---------------------------|--------|-----------------------------|
| Health screening* | 400 | Once per year per screening |
| Dental check-up | 200 | Once per year |
| Flu shot | 200 | Once per year |
| COVID-19 First Dose | 250 | Once per lifetime |
| COVID-19 Second Dose | 250 | Once per lifetime |
| COVID-19 Single-Dose Only | 500 | Once per lifetime |
| COVID-19 Booster | 250 | Once per year |

* Health screenings include colorectal screenings, mammograms and pap smears, and are subject to certain requirements.

VITALITY CHECK®

| Activity | Points | Frequency |
|-----------------------|--------|---------------|
| Body Mass Index (BMI) | 125 | Once per year |
| Blood pressure | 125 | Once per year |
| Cholesterol | 125 | Once per year |
| Fasting glucose/HbA1c | 125 | Once per year |
| BMI | 1000 | Once per year |
| Blood pressure | 600 | Once per year |
| Cholesterol* | 600 | Once per year |
| Fasting glucose/HbA1c | 600 | Once per year |
| Non-tobacco user | 725 | Once per year |

* Total cholesterol or low-density lipoprotein (LDL)

A reasonable alternative standard is available when a member is unable to achieve in-range results.

CERTIFICATIONS

| Activity | Points | Frequency |
|------------------|--------|---------------|
| First aid course | 125 | Once per year |
| CPR course | 125 | Once per year |

GOALS

| Activity | Points | Frequency |
|-------------------------|------------|---|
| Goals check-in | 30 maximum | Once per week (up to 1,500 points per year) |
| Goals for Unusual Times | 30 maximum | Once per week (up to 1,200 points per year) |

ONLINE EDUCATION

| Activity | Points | Frequency |
|----------------------------|------------|-----------------|
| Interactive tools | 75/tool | Four per year |
| Online nutrition courses | 300/course | Three per year |
| ActionSets/Decision Points | 50 each | Six per year |
| Health FYI Webcasts | 50/webcast | Twelve per year |

VITALITY HEALTHYMIND™

| Activity | Points | Frequency |
|------------|-------------|--|
| Sleep Well | 300 maximum | Once per year |
| Meditation | 10/ session | Once per day (up to 200 points per year) |

Benesch Sponsored Activities

| Activity | Points | Frequency |
|---|--------|------------|
| Check out the Company Challenges Category | Varies | Year round |
| Company Challenges | Varies | Year round |

OTHER ACTIVITIES

| Activity | Points | Frequency |
|------------------------------|--------|------------------|
| Vitality Squares™ | varies | Once per month |
| Disease/Lifestyle management | 300 | Once per quarter |

