



# Enhance your wellbeing with the Power of Vitality!

Benesch encourages employees to get active by participating in our wellness program. Through our partner Vitality, employees can participate in wellness challenges and earn Vitality Points that lead to awesome incentives!

\*Your personal health information is kept confidential and not shared with your employer or anyone else without your expressed consent.

## Start your journey to better health by:



**Registering at PowerofVitality.com or in the Vitality Today mobile app** It's quick and easy- Click Register Now. Then simply complete all the required fields and accept the terms and conditions. You're on your way! (Please search Vitality TODAY in the app store)

\*Please Note: You will be able to register with Vitality the Thursday after your date of hire.



**Discovering all the ways to earn points and achieve a higher status by** completing assessments, tracking physical activity, and learning practical ways to improve your health. Don't forget to connect your fitness device or health app.



**Rewards for your progress in the program include** Access to purchase gift cards, fitness devices as well as medical premium reductions! You can also participate in the **APPLE WATCH** program and earn away your monthly payments through physical activity! (Not an Apple Watch user? More options available to you in your portal)

\*More details on the Apple Watch program can be found in your Vitality portal under the REWARDS section.

ACTIVITY	HEALTH PLAN EMPLOYEE	NON-HEALTH PLAN EMPLOYEE
<b>Achieve Platinum Status</b>	\$600 insurance premium rebate applied at the end of the program year	\$300 value awarded in the Vitality Mall



Scan to download the Vitality Today mobile app. Need help? Contact us for more info at 877-224-7117 or [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com)