

# Helpful Resources

- [How to register on Vitality](#)
- [How to set your login preferences](#)
- [How to navigate your POV home page](#)
- [How to get connected with POV mobile app](#)
- [How to complete your Health Assessment](#)
- [How to log a gym workout – POV](#)
- [How to submit your Biometric Screening](#)
- [How to submit prevention activities POV](#)

