



# Path to GOLD and Beyond!

BW Wellbeing Program Year Runs 10/1 Through 9/30



For every point you earn, you also earn a Vitality Buck to use at the Vitality Mall! Though Vitality Points reset each plan year (10% roll over), Vitality Bucks do NOT. You keep 'em 'til you spend 'em!

**START HERE!**  
Team Members+Spouses:  
Login to  
[www.powerofvitality.com](http://www.powerofvitality.com)

Complete your online  
**Vitality Health Review**  
(VHR) in 10-15 min.  
500 pts

Complete your VHR in  
first 90 days of  
program year or  
new hire  
250 bonus pts

**BRONZE**

Get a **biometric  
screening**  
(Vitality Check)  
Pts for completion  
and in-range results

Complete a  
**milestone workout**  
Pts vary

Complete a **Mental  
Wellbeing Review**  
75 pts, up to 4/year

Get (and submit) your  
annual **flu shot**  
200 pts

Link your **fitness  
device** to Vitality  
Up to 15 pts/day

Set and check  
in to a **GOAL**  
30 pts/week

Complete a  
**Sleep Well Cycle**  
Up to 300 pts

Achieve a **GOAL**  
Pts vary

**SILVER**  
Single = 2,500 pts  
+500 Bonus Bucks  
Married = 3,750 pts  
+750 Bonus Bucks

Take an online Vitality  
**nutrition course**  
300 pts, up to 3/year

Participate in a local  
**Wellbeing Challenge**  
Pts vary

**GOLD**  
Single = 6,000 pts  
+2,000 Bonus Bucks  
Married = 9,000 pts  
+3,000 Bonus Bucks

Complete a  
**milestone workout**  
Pts vary

Link your  
**meditation app**  
to Vitality  
Up to 200 pts

Get (and submit) your  
**dental check-up**  
200 pts/year

Watch monthly  
**Health FYI Webinars**  
50 pts

Fill out a  
**Health Calculator**  
75 pts, up to 4/year

Complete (and submit)  
a Vitality-listed  
**preventive screening**  
400 pts/screening

Continue to  
**set new GOALS and  
achieve them**  
Pts vary

**PLATINUM**  
Single = 10,000 pts  
+4,000 Bonus Bucks  
Married = 15,000 pts  
+6,000 Bonus Bucks

**Way to GO!**  
Continue to challenge  
yourself. 10% of your  
points will roll over for  
next year!



= See back for more information!



Team members and spouses can receive up to \$400 per person from Vitality toward qualifying health club memberships, and up to \$200 for completing tobacco-cessation and weight-reduction programs!



**bwellbeing**  
BECOME YOUR BEST YOU

## How do I complete my biometric screening (Vitality Check)?

You have multiple options. Before your screening, you must fast for 8-12 hours and drink lots of water!

### 1) Go to a Quest Patient Service Center

- a. Login to [www.powerofvitality.com](http://www.powerofvitality.com), go to *Health Profile > Vitality Check*
- b. Click *Schedule your Vitality Check with Quest* under *Quick Links*
- c. You may also call Quest Diagnostics at 866.908.9440
- d. No payment or forms needed—we have a direct bill, and Quest will send your results to Vitality and to you in the mail in 4-6 weeks
- e. Don't forget to bring your screening results with you to your annual physical with your primary care physician!

**NOTE: Quest Patient Service Centers close for the remainder of the program year at the beginning of August, so schedule your screening before then OR complete at your doctor's office.**

### 2) Complete your screening at your doctor's office

- a. Download the [Vitality Check form](#) and [Cotinine Screening form](#) (*your name in upper right > Forms and Waivers > Vitality Check*) and bring them with you to your appointment
- b. Ask your doctor to complete and sign the forms
- c. Upload the completed forms to Vitality (*your name in upper right > Forms and Waivers > Vitality Check*)
- d. Your results will be posted within one week
- e. E-mail an itemized receipt to [bwwellbeing@barry-wehmiller.com](mailto:bwwellbeing@barry-wehmiller.com) for reimbursement (limit of one per BW Wellbeing program year)

## How do I earn physical activity points?

There are many different ways to earn—choose what works best for you!

- 1) **Link your fitness device to Vitality (up to 15 pts/day):** Fitbit, Garmin and Polar devices AND the Map My Fitness app can be linked to Vitality to earn points
  - a. The first time you complete your Vitality Health Review (VHR) and biometric screening (Vitality Check), Barry-Wehmiller provides you with a \$75 Vitality Mall coupon per person to apply toward a fitness device!
    - i. To redeem your coupon: Select any fitness device in the Mall (*Rewards > Fitness Devices*). At checkout, click *Apply* under the *Available Promotion*
  - b. For more information or to link your device, see: *Devices* on your Vitality homepage
- 2) **Work out at a health club and do one of the following (pts vary):**
  - a. Check in on the Vitality Today app at the start of your workout
    - i. Open the app and select *Gyms*
    - ii. Find your gym or fitness studio on the GPS-generated list, click on it and check in
    - iii. Work out for at least 30 min. at that location
    - iv. Don't see your gym? From *Gyms*, find *Still don't see your gym?* and click *Add Gym* and enter your gym's information
  - b. Submit your workout through the Vitality website
    - i. Login to Vitality and go to: *your name in upper right > Forms and Waivers > Gym Workout*
    - ii. Provide the information requested and click *Submit*
- 3) **Work out at home (pts vary):**
  - a. Work out for at least 30 min.
  - b. Go to: *your name in upper right > Forms and Waivers > Gym Workout* OR *Vitality Today app > Submit Activity*
  - c. Enter Home in the *Name of Gym/Health Club* field
  - d. Submit a screenshot of the workout app or video you completed, or simply submit a selfie of yourself working out at home
- 4) **Complete an athletic event, such as a 3K+ walk, run, bike, triathlon (pts vary):**
  - a. Get an official copy of race results with your name highlighted, an official certificate of completion or a race bib, OR print and complete Vitality's Athletic Event form: *your name in upper right > Forms and Waivers > Athletic Event*
  - b. Within 90 days of the event, go to: *your name in upper right > Forms and Waivers > Athletic Event* OR *Vitality Today app > Submit Activity*
  - c. Provide the information requested, scan and upload your documentation, and click *Submit*

For comprehensive information on how many points you earn for specific physical activities, go to:  
[Resources > Guide to Vitality > Vitality Points > Physical Activity](#)