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Because of the Vitality Check in January, I became aware that my blood pressure was higher than it should have been. I joined a local gym and have been attending classes regularly four to five days per week. In early June, my blood pressure reading was 30 points lower than it had been. Seeing the dramatic decrease in my blood pressure from a single lifestyle change is a great motivator to continuing to make other changes."

- Vitality Member Matt T.

LET RESULTS GUIDE YOU TO BETTER HEALTH

A Vitality Check® is a confidential blood screening and biometric assessment that measures your body mass index (BMI), blood pressure, fasting blood glucose level/ HbA1C, and cholesterol. You can earn 500 Vitality Points® each year for completing a Vitality Check® and more points (up to 2,800) when your results are within a healthy range.

If you present a Vitality Check® result that is outside of the healthy range, you automatically qualify for an alternative way to earn in-range points through a reasonable alternative standard (RAS). Here's how:

STEP IT UP

SLIM DOWN

For more information on RAS, visit the Vitality website > Resources > Guide to Vitality > Vitality Points > Vitality Check.

If you cannot meet the in-range biometric requirements set by Vitality or your employer, please complete the Biometrics Physician Form and submit it to Vitality along with a letter from your physician attesting to your inability to meet the in-range standard.

To help you stay focused, set a Vitality Goal™ to:



Start with small steps



Cut back on sugar



Rev up workouts



Lose weight

...and more