



**BENEFITING YOU**  
— at every stage —



# EARN SILVER STATUS YOUR WAY

## Save \$130 a Month Your Own Way

Earning Silver Status through the **Vitality Wellness Program** means you will spend \$130 less on health coverage every month in 2022. And while that benefit applies to everyone who reaches Silver Status, how you get there is completely unique to you.

## John’s Path to Vitality Silver Status

This is John, he is a newly single man in his mid-50s. After discovering he has high cholesterol and pre-diabetes, his doctor advises him to lose some weight and lead a more active lifestyle.

With Vitality’s reward program in mind, John crafts an exercise and diet routine that holds him accountable for losing weight and walking three times a week.

Here’s How John Earned Silver Status:

Activity	Points
Online Vitality Health Review (VHR)	500
Dental Screening	200
Flu Shot	200
Vision Exam	200
Vitality Check Screenings	500
Sleep Well	300
Uses the Map My Walk App Daily for 3 Months	900
<b>Total Points Earned in 2021</b>	<b>2,800</b>

How will **you** reach Silver Status? Visit [PowerofVitality.com](https://PowerofVitality.com) today to learn more.