



**BENEFITING** YOU  
— at every stage —

**Vitality**<sup>®</sup>

# VITALITY HEALTH REVIEW (VHR) CHALLENGE

The VHR is an excellent tool that evaluates your current health status, determines your health risks and helps you decide how and where to make health changes. It takes only a few minutes to complete and is completely confidential!

Once you complete your VHR, you will earn **500** Vitality points and **250** bonus points if completed in the first 90-days of the program year.

## VHR Challenge:

When you sign up and complete your VHR, you will earn **100** Vitality points. If you have already completed your VHR, all you have to do is join the challenge to receive your **100** points.

**Registration:** February 14th - February 20th

**Challenge:** February 21st - March 21st

Join the challenge today at [PowerofVitality.com](https://PowerofVitality.com)