



CREATE YOUR
**PERSONAL
PATHWAY**
TO BETTER HEALTH

ON MY PATHWAY

I'm planning the right choices for my health and money

Start a new relationship with your mental and financial well-being

Research shows that your physical and mental health can benefit directly from having your finances in order. To get there means being proactive and having a positive outlook – a lot like your approach to better health. The financial goals on the Vitality Points Planner are there to help you set your own objectives and timeline for:

- Planning your financial future
- Reducing debt
- Building a better budget

Create your financial goal today

Taking control of your financial well-being can be empowering. When you set one or all three of the financial goals, you'll receive inbox messages, mobile alerts and Newsfeed posts with helpful information and encouragement tailored to your progress. You can also earn a maximum of 30 Vitality Points™ each week when you check in on them.