



CREATE YOUR
**PERSONAL
PATHWAY**
TO BETTER HEALTH

ON MY PATHWAY

I tune into my health and my emotions

Putting your mind at ease

Too many adults have trouble finding time to acknowledge or understand how thoughts and feelings directly affect their physical health. The Vitality Mental Well-being Reviews are available to help you assess and manage your emotional health with a series of three questionnaires:

- What is My Psychological Well-being?
- Identify My Stressors
- Identify My Social Support Network

For points-earning activities with Health Resources, choose Online Education on the Points Planner.

Achieve a healthy balance

After you complete each review, Vitality will provide a comprehensive and confidential report that highlights the areas that positively affect and those that challenge your personal mental well-being. You will earn 75 Vitality Points™ per review. Find the reviews under Vitality Reviews on the Points Planner.