



CREATE YOUR  
**PERSONAL  
PATHWAY**  
TO BETTER HEALTH

# ON MY PATHWAY

I choose healthy activities that inspire me

Vitality is about making choices to be the healthiest you can be. If you're looking to eat better, become more active or focus on habits to help you get the recommended amount of sleep, this program has all kinds of healthy activities. The best part? Your accomplishments are rewarded.

## Start planning your Personal Pathway to better health by:

**Registering.** Go to [PowerofVitality.com](http://PowerofVitality.com), complete all required fields and accept terms and conditions.

(If your partner is part of your plan he or she should enter the identification number requested of you)

**Downloading the Vitality Today™ mobile app** from your app store to keep the program with you every step of the way.

**Taking the Vitality Health Review™** - a short, confidential assessment about your current health status, health results, activities, habits, nutrition and lifestyle.

**Discovering your Vitality Age®** based on your lifestyle behaviors and clinical measures, it presents health risks as years "lost" or "gained" compared to your chronological age.

**Planning healthy activities** you want to accomplish or those recommended by Vitality with the Points Planner™ to earn Vitality Points™, raise your Vitality Status® and get the rewards you deserve.

**Register now at [PowerofVitality.com](http://PowerofVitality.com)**