



ON MY PATHWAY

Vitality rewards me for the physical activity that “works out” for me.

Start, maintain or even step up your fitness program and earn Vitality Points® for your verified workouts when you:

- Link Apple Watch or a Polar, Fitbit or Garmin device to Vitality.
- Download the Vitality Today™ mobile app and use GPS to log a gym workout.
- Connect an app such as Apple’s Health app, MapMyFitness or Google Fit with Vitality.
- Submit a self-reported form for Light Workouts at home: your walks, runs or other activities you don’t track with a device.

Vitality’s three levels of workouts – Light, Standard and Advanced – account for increased intensity of daily workouts. Earn 5 points for Light Workouts, 10 points for Standard Workouts and 15 points for Advanced Workouts. Here’s how it works:

Workout data submitted from	What Vitality measures	Light workout	Standard workout	Advanced workout
Approved pedometers and mobile apps that track steps	Total steps	5,000	10,000	15,000
Gym	Attendance	-	Yes	-
Approved mobile apps (that track calories burned during exercise)	Total calories	100	200	300
Approved heart rate monitor	Time and % of maximum heart rate OR total calories	15 minutes at 60% or 100 calories	30 minutes at 60% or 200 calories	45 minutes at 60% or 300 calories
Self-reported	-	Yes	-	-
Apple Watch	Active calories OR total steps	Vitality Today displays your Active Calories thresholds. Vitality awards points based on the active calories you burn throughout the entire day, not just during your workout.		
		5,000 steps	10,000 steps	15,000 steps

Keep going and rack up more points!

The maximum number of Vitality Points you can earn in a single day for workouts is 15 and you can earn a maximum of 7,000 points for physical activity in a program year. However, exercise regularly, reach a recognized milestone workout, and you will automatically earn bonus points. For a complete list of milestones and points, visit the Physical Activity section in the Guide to Vitality. And don’t forget: Keep track of your workout history on your Health Profile page.