



ON MY PATHWAY

I'm in control

Plan your activities

The Points Planner on the Vitality website categorizes the many activities for which you can earn Vitality Points™ to reach your desired Vitality Status®. You're in control of choosing, adding and completing the healthy activities that inspire you to better health by:

- Understanding how many points each activity is worth.
- Choosing to "ACT NOW" on an activity or selecting "ADD TO PATHWAY" to complete it later.
- Viewing your progress in each category and the points you've earned.

Need some suggestions?

Answer a few questions on the Quick Points Planner and Vitality will provide instant suggestions of activities for you to select and add to your pathway.

Login Click Points > Points Planner

PowerofVitality.com
All Eligible Students

Privacy is a top priority at Vitality, and we are committed to maintaining the highest level of confidentiality with all of the information we receive from our members.