



Vitality Health Review: Start a healthier life with what you know

The Vitality Health Review in the Health Profile section of the Vitality website is a confidential online questionnaire in which you'll give insight about your health, activity, nutrition, lifestyle and more. You'll receive instant feedback on areas where you're doing well and where you may improve to become healthier. **The VHR takes approximately 10 minutes to complete.** We ask you questions about your lifestyle, behaviors and your clinical measures for blood glucose (sugar), blood pressure, cholesterol, weight, etc. If you don't know your clinical measures, it's OK! Simply tell us that you don't know. We will still present you with a summary.

After you have completed the Vitality Health Review, Vitality will reveal your Vitality Age. Your Vitality Age is an overall reflection of your health and well-being, relative to your actual age. It's meant to give you an idea on what path to take as you participate in the program and it can be a great motivator to plan healthy activities.

Log in to the website for more details.
Health Profile > Vitality Health Review



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