VITALITY IS FOR EVERYONE—no matter what your health status, age or physical ability. In fact, the program’s Personal Pathways™ system allows you to create a customized plan toward optimal health that adjusts to your needs.

Reap Rewards with Good Health

Beginning November 1, 2010, you will be invited to register for Vitality and begin your wellness journey!

SLU understands that changing health behaviors is challenging and we want to reward you for your efforts. The Vitality™ program provides valuable and meaningful incentives. When you complete health and wellness activities, you earn Vitality Bucks® that can be used for everything from movie tickets to name-brand merchandise or travel and entertainment packages from premier travel and resort partners. The more Vitality Bucks you earn, the higher your Vitality Status®, starting at Blue, moving up to Bronze, Silver, Gold, and ultimately Platinum Vitality Status. The higher your Vitality Status, the greater your shopping discount on the Vitality Mall.

Why Should You Participate?

For starters ... if you want a discount on your medical coverage through SLU, you have to register with Vitality, take the Health Risk Assessment and have a Vitality Check (biometric screening). See page 2 for more details.

Taking the Health Risk Assessment and completing the Vitality Check is just the beginning of your Vitality program experience. The program offers some great health benefits, tools, resources, and amazing incentives! And, the Vitality program is completely confidential—no SLU employee will ever have access to your personal health information or your Health Risk Assessment answers. Information about your health is private and will stay that way.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the Vitality program, call us at 877.224.7117 and we will work with you to develop another way to qualify for the reward.

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The Health Risk Assessment (HRA), Vitality Check, and Fitness Assessment are very important activities that can help you find out how healthy you are, learn your potential health risks, get tips for living a healthy lifestyle and earn Vitality Bucks! Follow the steps below for a great start on Vitality.

**Vitality’s Three Steps to a Healthier Life**

**STEP ONE: HRA**

HRA. This is an online questionnaire that asks you a series of questions about your medical history, your key measurements (height, weight, etc.), nutrition, exercise, stress and well-being. Based on your answers, you will get a customized Personal Pathway that will provide you with health goals and activities to achieve those goals. To complete the HRA go to www.powerofvitality.com on or after 11/1 and click on Plan, then Health Risk Assessment and follow the prompts.

**STEP TWO: VITALITY CHECK**

Vitality Check. This is a blood test and assessment that takes into account biometric measurements (blood pressure, blood glucose, cholesterol, height, and weight). The results from a Vitality Check are important because they can help identify health risks and medical conditions such as diabetes and heart disease. SLU is having health fairs on 10/12 & 10/14 and will be conducting Vitality Checks onsite for your convenience.

**STEP THREE: FITNESS ASSESSMENT**

Fitness Assessment. This is an assessment used to measure your fitness level. An important part of the assessment is a test called "VO2 sub-maximal score" that measures the rate of oxygen uptake you have during aerobic exercise. Results from this test identify strengths and weaknesses and help you set realistic and attainable fitness goals. Go online to www.powerofvitality.com on or after 11/1 for a list of fitness assessment providers and details regarding the assessment.

The HRA, Vitality Check and Fitness Assessment are completely confidential. All personal information and results are protected by the Health Insurance Portability and Accountability Act (HIPAA) and will not be shared with SLU.

**Top Three Reasons You Should Participate in Vitality:**

1. **You’ll save.** If you elect medical coverage through SLU, you can save on your medical premium if you complete the Health Risk Assessment and Vitality Check.

2. **It’s good for your health.** You’ll learn more about your health status and have access to resources to help you live a healthy life.

3. **You’ll get rewarded!** When you complete health and wellness activities, you earn Vitality Bucks that can be used for everything from movie tickets to name-brand merchandise or travel and entertainment packages from premier travel and resort partners.

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