



Vitality Quick Guide

Vitality™



The Self-Funded Program through Allstate Benefits provides tools for employers owning small to mid-sized businesses to establish a self-funded health benefit plan for their employees. The benefit plan is established by the employer and is not an insurance product. Allstate Benefits is a marketing name for: Integon National Insurance Company in CT, NY and VT; Integon Indemnity Corporation in FL; and National Health Insurance Company in CO, WA and all other states where offered. For employers in the Allstate Benefits Self-Funded Program, stop-loss insurance is underwritten by these insurance companies in the noted states.



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Welcome to Vitality

Vitality's personalized, interactive approach considers your current overall health, lifestyle and health risk factors. Engage in a wide variety of healthy activities – online education, physical activity, preventive care and more – on your own Personal Pathway to better health.

We want you to be the healthiest you can be – for yourself, your family and your friends.

The link below opens a video that provides a very good overview of Vitality.

[Getting Started Video](#)

Vitality also has a mobile app that you can download from the app store. Vitality Today™ lets you interact with the program while you're out and about, capture and submit athletic events, sports leagues, gym workouts and prevention activities.

Are you ready to take your first step toward your healthiest life? Here's what you need to do:

- Go to PowerofVitality.com, complete all the required fields and accept the terms and conditions.
- Take the Vitality Health Review™: a brief, confidential assessment about your current health status, health results, activities, habits, nutrition and lifestyle.
- Discover your Vitality Age® based on your lifestyle, behaviors and clinical measures.
- Plan the healthy activities you want to accomplish with the Points Planner to earn Vitality Points™ and raise your Vitality Status®

You are now on your way!

Getting Started

REGISTRATION

The first step is to create your own confidential Vitality member account by **registering at PowerofVitality.com**. It's quick and easy. Simply complete all the required fields and accept the terms and conditions. You will use the Subscriber ID number that is on your health plan ID card to complete the registration. When you're done, download the Vitality Today mobile app from the [App Store](#) or [Google Play](#). You'll use your PowerofVitality user name and password to log in to the app.



VITALITY HEALTH REVIEW

The **Vitality Health Review™** allows Vitality to get to know YOU a little better. You'll answer questions about your levels of physical activity, eating habits, work-life balance, and any personal biometric numbers that you know. Once completed, you'll get a detailed report of your overall health in Health Results as well as your **Vitality Age®**, a measurement indicating how your current lifestyle may cause you to be younger or older than your actual age.

POINTS PLANNER

The **Points Planner** on the Vitality website categorizes the many activities in 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. Need some suggestions? Answer a few questions on the Quick Points Planner and Vitality will instantly provide suggestions for you to select and add to your Personal Pathway.

Add Your Spouse

Wellness programs that include partners are proven to have more long-term positive effects on a family's overall health. If your partner is on your health plan, he or she can now participate in the Vitality program. When two adults participate in Vitality, you will each have you own account and participate in personalized activities. The Vitality Points™ that you each earn will be combined. This chart indicates the adjusted Vitality Status® thresholds for two participating partners:

BRONZE	SILVER	GOLD	PLATINUM	
0 pts	2,000 pts	4,000 pts	7,000 pts	1 Adult
	3,000 pts	6,000 pts	10,000 pts	2 Adults

SPOUSE REGISTRATION

For your partner to get started living his or her healthiest life, have him or her visit the Power of Vitality website and register using the Subscriber ID number found on your health plan ID card.

Note that at this time, dependents are not eligible for the Vitality Wellness Program.



Schedule your Vitality Check

A **Vitality Check**[®] is a confidential blood screening and biometric assessment that measures your body mass index, blood pressure, fasting blood glucose level/ HbA1C, and total cholesterol. This important health assessment will indicate whether or not your results are in a healthy range or if they need to improve. You'll earn Vitality Points each year when you complete a Vitality Check.

How to earn points for your Vitality Check

To earn Vitality Points[™] for a Vitality Check, you may submit one of these forms of supporting documentation:

- A completed Vitality Check form, including the requested facility information and a doctor's signature.
- An official copy of your results from the physician or facility that administered your screening.

Once ready, submit your screening results with the 'Vitality Check form' in the 'Forms and Waivers' section in 'Your Account' on the Vitality website or under 'Activities' in the Vitality Today[™] mobile app.

Completing the Vitality Check before November 30th will award the below point values to increase your Vitality Status as well as earn you a \$25 Amazon Gift Card.

Activity	Points	Frequency
Body Mass Index (BMI)	125	Once per year
Blood pressure	125	SCREENING Once per year
Cholesterol	125	
Fasting glucose/HbA1c	125	

* Total cholesterol or low-density lipoprotein (LDL)

HEALTH RESULTS

Visit your Health Results to quickly identify where you can focus your attention on improving your health. Each result comes with details explaining what the healthy target is and why it's an important factor in your overall health profile. Recommended resources help connect you to health information and tools such as videos and virtual coaching sessions that can help you improve an area that has been identified as a risk. For any metric in a healthy range, we'll provide information that may be new or can help you continue to maintain your health.



HEALTH CHOICES

As you explore your health results or set goals, you will see links to the **Health Resources** information and tools that are best suited for you for making healthy decisions and taking action. Search by topic for expert insight about health conditions, medical tests and procedures, medications and everyday health and wellness issues. And for “all things Vitality,” the **Guide to Vitality** is a comprehensive resource of program information.

Get the Vitality Today App

The **Vitality Today** mobile app is with you every step of your wellness journey with a range of tools and activities. Utilize the “Act now” feature for quick links to submit a gym workout through GPS, check in on your goals or sync data. Submit documentation of your participation in an athletic event or sports league as well as prevention activities like flu shots and dental visits. The drop-down summary also gives you instant access to your points and status level.

GOOGLE FIT

By connecting the Vitality Today app to Android’s Google Fit app and confirming that you would like to share your steps data, you can earn points for Light, Standard and Advanced Workouts. Vitality only accepts steps that are recorded by an Android phone or Android Wear watch that is directly connected to Google Fit. Google Fit automatically detects your steps using the sensors built into your Android device, which means you don’t need to connect any additional apps to Google Fit, besides Vitality Today, the Google Fit app is available as a free download in the Play store.

APPLE HEALTH

By connecting the Vitality Today app to Apple’s Health app and confirming that you would like to share your data, you can earn Vitality Points for Light, Standard and Advanced Workouts. You can share steps measured by your iPhone or Apple Watch as well as active calories from Apple Watch.

Contact Us

We’re here to help you get the most from Vitality. If you have a program-related question, please refer to the Guide to Vitality or contact a Vitality Specialist at 877.224.7117, Monday through Friday, between 8:00 a.m. and 5:00 p.m., CT.