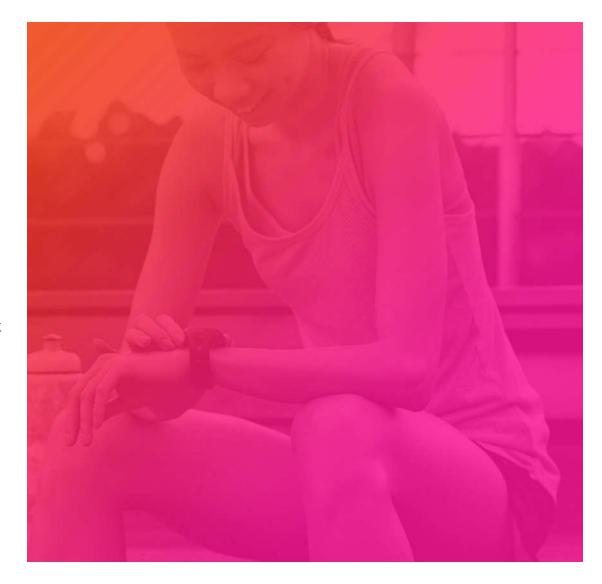
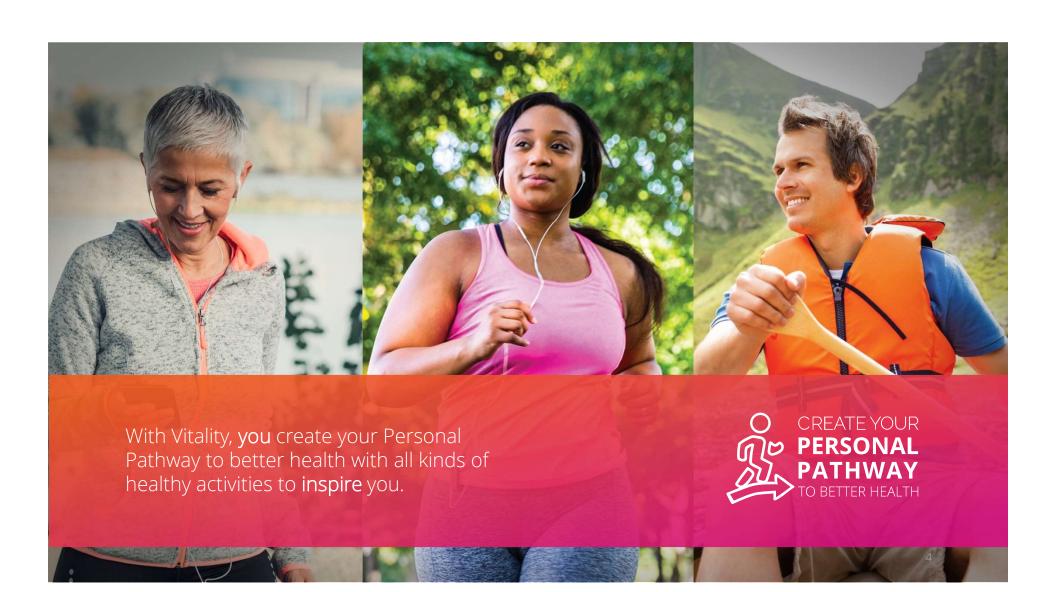


# **AGENDA**

- 1. Introduction to Vitality
- 2. Privacy & registration
- 3. Employer incentive requirements
- 4. Vitality Health Review and Vitality Check
- 5. Program rewards
- 6. Vitality tips



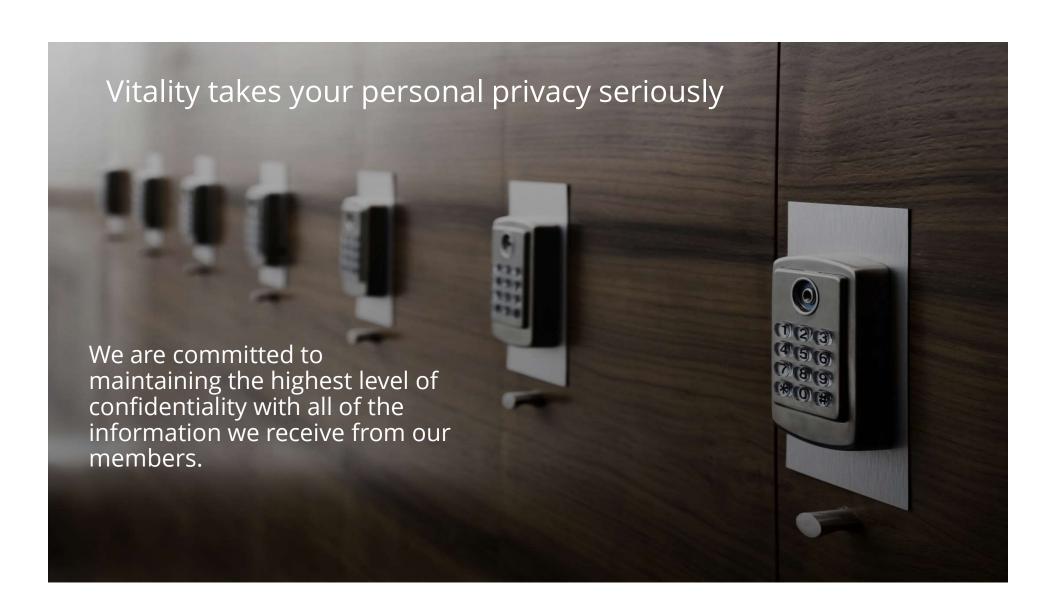






# Privacy and registration





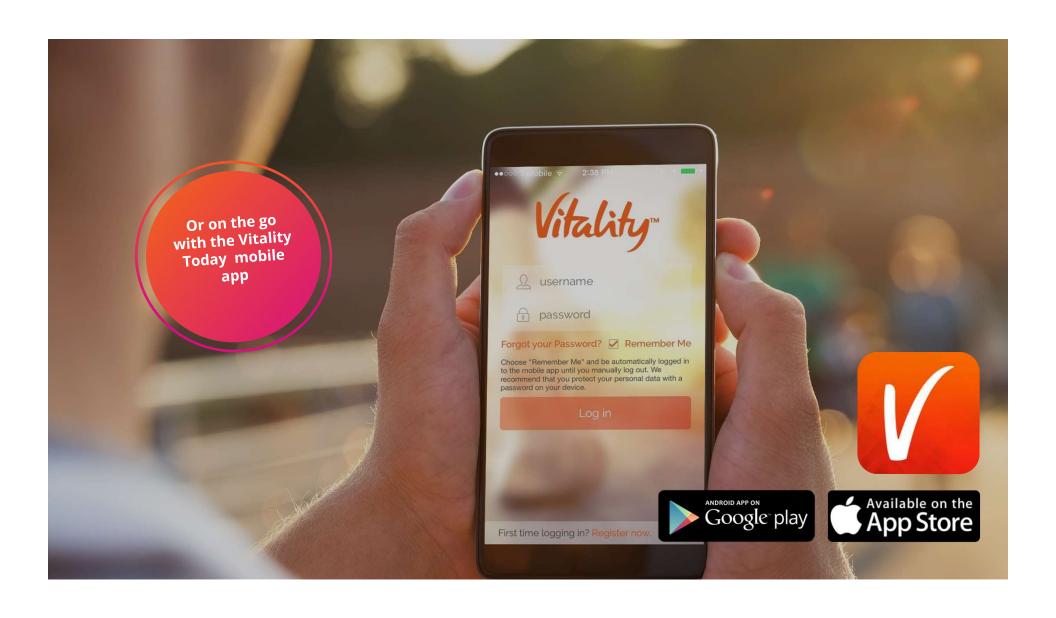








HEALTH PROFILE ▲ POINTS. REWARDS 4 RESOURCES 4 **COMMUNITY** HOME **Bronze ACT NOW** 0 Hi, Michelle VITALITY STATUS VITALITY POINTS EMPLOYER INCENTIVE Tap out and sleep well. Focus on getting yourself a good night's rest and join a 30-day Sleep Well Cycle More blueberries and points please. Let's get physical! Earn points for the heart-healthy, nutritious foods you buy. The Physical Activity Review assesses your current physical activity levels. Complete the review and earn 250 points Gym rebate. That's great. You can apply for the rebate when you meet the workout requirements. Interact with Vitality online at PowerofVitality.com DEVICES VITALITY APP CTIVTIES **NEWSFEED** Mystery Food of the Month: Second Clue Standard Workout 800 PTS PLANNED ONYOUR PATHWAY I am very high in Vitamin C, A and potassium ACT NOW



### employees.usc.edu/wellness-benefit/

#### Update

## New wellness benefit launches today with new vendor – Vitality



### Your other Vitality benefits



The Vitality site offers innumerable resources to empower you for healthier living, including the opportunity to craft personal health goals and work toward them with a motivational "points" system, where you earn points for healthy choices. You can link your fitness device to your Vitality account, to help track your progress. You also earn points for healthy eating, checking in at the gym, or reading one of the thousands of articles on the site covering nutrition, fitness, and many other wellness topics. Please note you do not have to earn points to obtain

your \$40/month premium deduction – you just have to complete the Vitality Health Review and Vitality Check described above for that. But you might find it fun to earn points toward your goals!

ne "power of vitality" to employees with a comprehensive new wellness portal that sources, along with this year's health assessment process, which as in years past will are on your medical insurance premiums. The new vendor, Vitality, will administer the t program, and the additional wellness support!

### t that \$40/month savings

ssment is needed each year to obtain the savings. Simply follow this two-step process:

ete the confidential 20-minute online Vitality Health



### Act now!

To get your assessment started – and to access all the other wellness offerings – register now using your USC NetID:

Vitality wellness site - USC single sign-on





# **Employer Incentive Requirements**













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### **EMPLOYER INCENTIVE PLAN**

Participate in your employer's incentive plan and receive a reward!



### INCENTIVE OVERVIEW

Healthy Choices incentives are designed to encourage you to take an active role in your health care, help USC provide additional health benefits that best support our employees, and help you save money.





Earn up to \$480 (\$40 per month) reduction in your medical plan costs by completing your 20-minute *Vitality Health Review* and *Vitality Check* health screening by August 31, 2021. To begin receiving the incentive credit in January 2021, both steps need to be completed by December 31, 2020. While you are logged into your account, you can find both items under the Health Profile header. You may click on the link(s) below to begin now!





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### **EMPLOYER INCENTIVE PLAN**

Participate in your employer's incentive plan and receive a reward!







Get reimbursed up to \$220 for staying active! This could include anything that boosts your fitness – gym memberships, exercise class subscriptions, fitness and nutrition counseling, sports league or team fees, or even fitness devices.

Here is how it works. You pay fitness expenses as you would normally, save the receipts, and then file a claim at www.wageworks.com (if you have a flexible spending account, this is the same login).

Fitness reimbursement submission will be available starting January 1, 2021, and the expense cannot have been incurred before that. You will be reimbursed through automatic payroll payments. Your reimbursement must be approved by Wageworks; and you must be employed at USC from the time you incur the expense until USC processes the credit in payroll. Please note that these reimbursements are considered taxable income.



# Vitality Health Review and Vitality Check











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The confidential
Vitality Health
Review will give
You the big
picture of your
current heavy

current health

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Health Resources

Guide to Vitality

#### < Back to Health Resources

#### Welcome to Vitality!

We encourage you to take the VHR each program year. Your responses help us evaluate your current health status and present you with a health summary and suggestions of possible lifestyle changes to guide you on your Personal Pathway to your healthiest life.

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.

Some information we request is quite personal. Please know that your personal privacy is a top priority at Vitality, and we maintain the highest confidential standards with members' personal information. Keep in mind that the more honest you are with your answers, the more accurate our feedback will be.

After you complete the VHR, we will give you a detailed report comparing your values and inputs to medical We'll also provide your Vitality Age: a reflection of your overall health. Don't worry if your Vitality Age is higher than your actual age. Your practice of healthy behaviors and engagement in Vitality can help lower your Vitality Age and health risks.

Complete the VHR, and continue to discover all the rewards Vitality offers you.

In good health, The Vitality Team

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



Overall Health



exercise



Eating Habits



Well-being



Work Life



Alcohol and Tobacco



Conditions And Measures



# Vitality

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### Vitality Check Screening

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Goals

Guide to Vitality

#### **GUIDE TO VITALITY**

Learn more about Vitality and its many elements and offerings. Select a topic in which you're interested from the index on the left below.

You can also
submit a form for
a Vitality Check
completed by
your personal
physician

#### VITALITY CHECK

A Vitality Check is a biometric assessment that helps identify which areas of your health are strongest and which may need some work, as well as your risk for any potential health problems like diabetes or heart disease. It includes physical measurements and a blood draw to determine one's fasting blood glucose levels, blood pressure, total cholesterol and body mass index (BMI). Some - not all - Vitality Checks also include a cotinine test, which can allow you to earn additional points if you are a non-smoker.

QUICK LINKS

Schedule your screening

Submit your Vitality Check form

JUMP TO

Body Mass Index

Blood Pressure

Cholesterol Fa

Fasting Blood Glucose

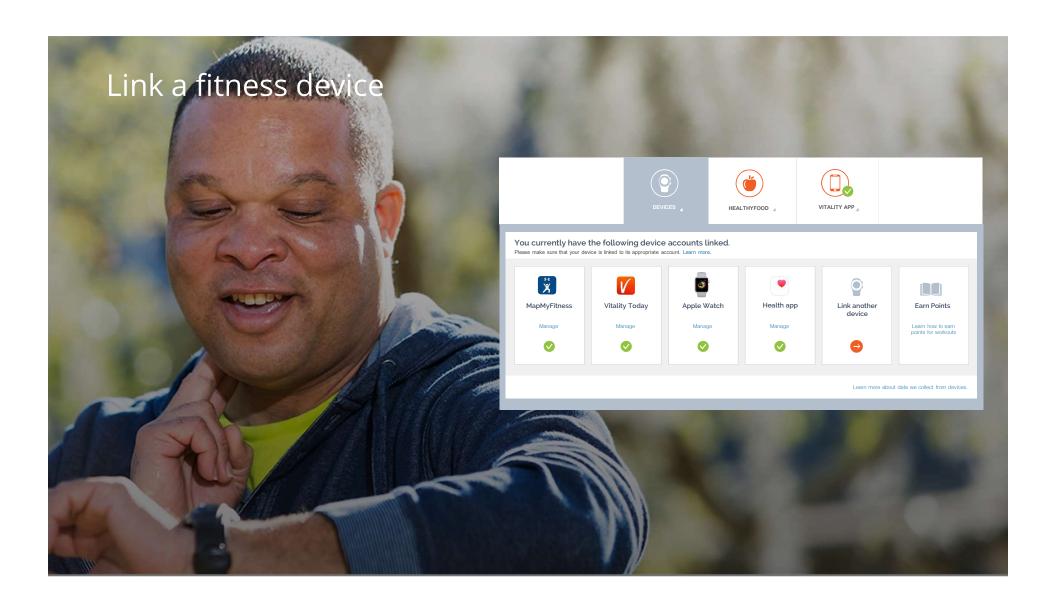
Cotinine

Steps to earning Vitality Points

1. You are eligible to earn 125 Vitality Points for each of the four core biometric screenings (BMI, blood pressure, fasting glucose/HbA1c, and total or LDL cholesterol). In addition to the points you can earn for completing a Vitality Check, you can also be awarded for results that fall within a healthy range. You will earn 1,000 points for having a BMI that falls within a healthy range. You will earn 600 points each for submitting a blood pressure, fasting glucose/HbA1c, or total cholesterol/LDL result that falls within a healthy range.



- 2. 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. Please note: This
    document must include the name and location of the facility where you had your screenings.
- 3. You can submit your Vitality Check results online, by email (wellness@powerofvitality.com) or by fax (877.224.7110). Please note: Submission via or fax or email is not secure until it is received by Vitality. Due to the sensitive information contained in this form, Vitality highly recommends that you submit your form online.
- 4. If you are unable to achieve an in-range result, as defined by Vitality, for any biometric measure, you will have the option to earn the equivalent number of Vitality Points by completing the Reasonable Alternative Standard (RAS). Check the sections below to learn how to complete the RAS and earn in-range points for each of the Vitality Check attributes.



# Earn workout points with free apps



### Apple Health

 Connect the Vitality Today mobile app to Apple's Health app to share steps measured as well as active calories burned throughout the day.



### Google Fit

 Connect Vitality Today to Google Fit and share your steps data measured by your Android phone or Android Wear watch.



### MapMyFitness

 Track your calories burned and steps taken during workouts using GPS when exercising outdoors.

### | Health Resources



Exercise your mind. Health Resources has more than 8,000 topics

### **HEALTH RESOURCES**

Find the tools and information you need to take better care of yourself.

### Resources that earn points



**Nutrition Courses** Online Education

900 pts POINTS AVAILABLE



Living Smoke Free Other Activities

**725** pts POINTS AVAILABLE



Health FYI Webcasts

600 pts POINTS AVAILABLE



Vitality Health Review Vitality Reviews

500 pts POINTS AVAILABLE

View All →



No nutrition courses currently in progress

### Resources by topic



Fitness and Exercise



Healthy Eating

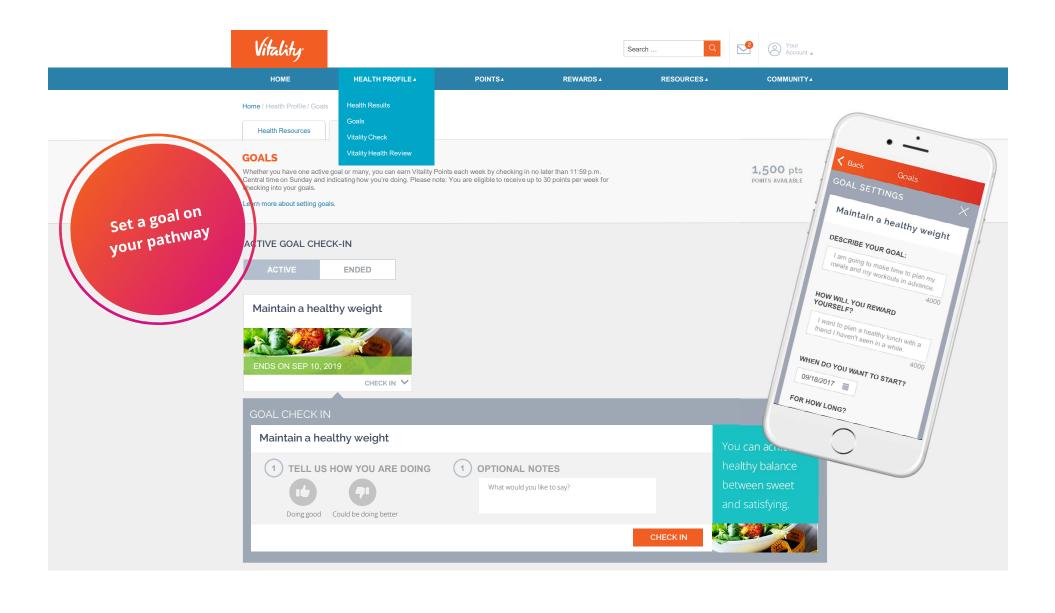




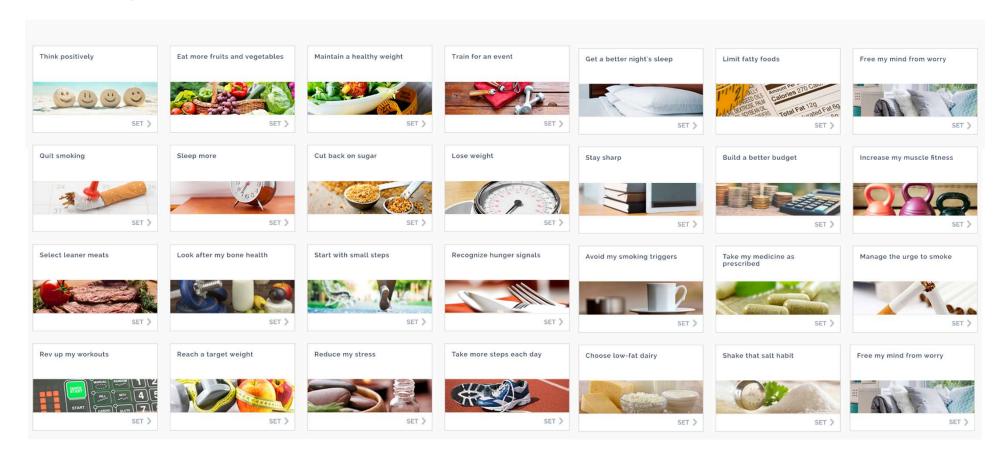
Weight Management

View All →





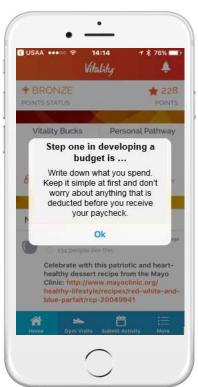
# **Vitality Goals**

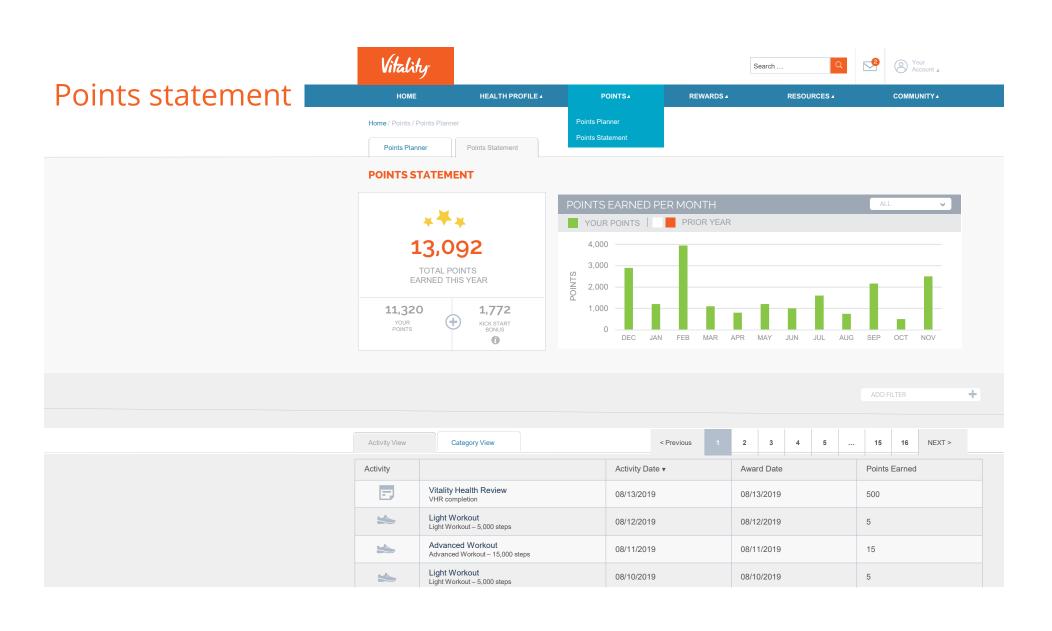


## **Vitality Goals**

As you work to achieve a goal, Vitality will be with you every step of the way. Upon setting a goal, a welcome message will appear in your Vitality website inbox followed by Newsfeed posts, weekly inbox and mobile messages tailored to your goal progress.









# **Program Tips**







# **Guide to Vitality**

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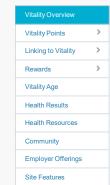
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Health Resources

Guide to Vitality

### **GUIDE TO VITALITY**

Learn more about Vitality and its many elements and offerings. Select a topic in which you're interested from the index on the left below.



### VITALITY OVERVIEW



Vitality is an active, fully integrated global wellness program designed to engage, encourage and reward you on your personal pathway to better health.

You begin your Vitality journey at Bronze Vitality Status by taking the Vitality Health Review: an online questionnaire about your current health and lifestyle. Based on your answers, we calculate your Vitality Age and provide suggestions for you to maintain or improve your health. Although your own improved health is reward enough, Vitality will reward your hard work and dedication to living a healthy life.

# Guide to Vitality: All your questions answered

#### LEARN MORE ABOUT THE VITALITY PROGRAM



Vitality Points
Discover all of the ways to earn points.



ewards

Learn how Vitality rewards you for your activities. Check out all the great rewards you can get..



Linking to Vitality
Learn how to connect to Vitality.



Vitality Age
Understand the science behind the number.

### **HOW IT WORKS**

# Submitting an activity

