Maximize your rewards for leading a healthy lifestyle by completing your Vitality Health Review questionnaire and the Vitality Check in-person screening, to earn $40/month toward your medical premiums!

Get started!

1. Visit https://employees.usc.edu/wellness-benefit/ to access the Vitality site via USC NetID single sign-on (scroll down to Vitality wellness site – USC single sign-on).
2. Once logged in, if you have not completed the Vitality Health Review, you will see a pop-up asking if you want to start now or do it later. Make your selection. Once at the home page, click the arrow next to: ACT NOW Employer Incentive or navigate to Rewards > Employer Incentive Plan.
3. Within the Employer Incentive page is an overview of the 2023 rewards program. To earn your $40/month reward, you must complete both the Vitality Health Review online health assessment, and the Vitality Check screening.
4. Scroll down to the bottom of the page. If the “VHR This Year Or Last” tile says “Complete,” then you have completed that requirement. If it says “Incomplete,” select **VIEW DETAIL** then **ACT NOW** within the drop down tile to go directly to the Vitality Health Review.

5. Follow the same steps for the “VC This Year Or Last” tile to go to the Vitality Check page. Select **VIEW DETAIL** then **ACT NOW** within drop down tile where you can print your Vitality Check Form to take to your physician.

Customer Service, powered by Vitality:
Call 1-877-224-7117 or email wellness@powerofvitality.com with questions regarding registration, activities/points or any general program questions.