

As a USC new hire in 2023, you have the opportunity to qualify for a \$40 per month incentive on your USC enrolled medical plan.



Your partner in wellness for 2023

The Vitality platform is designed to inspire healthy changes and guide you to resources for better health. To participate, follow the steps listed below and on our USC Wellness website at employees.usc.edu/wellness-benefit. Be on the lookout for wellness opportunities throughout the year.

Important dates:

You will receive the \$40 per month incentive for 2023 the month following completion of the VHR. The sooner you begin, the sooner you save!

Program period:

Sunday, Jan. 1 through Friday, Dec. 15, 2023.

To earn the \$40 per month incentive for 2024, you must complete the VHR and Vitality Check by Dec. 15, 2023.

Note: No retroactive credits provided for periods missed. This credit is not available for covered dependents.

The health assessment incentive process:

- **For 2023 incentive, only complete step one outlined below.**

You will earn the incentive the month following completion.

- **For 2024 incentive, complete steps one and two outlined below by Dec. 15, 2023.**

Whether you want to eat healthier foods, boost your activity, or manage your stress, USC is here to support you on your journey to better health.



STEP ONE: The quick, confidential Vitality Health Review (VHR) online questionnaire helps you and your doctor identify lifestyle and health habits you can address to improve or maintain your health. It will only take about 20 minutes to complete, and you can save your answers and log back in to finish later.



STEP TWO: Get your Vitality Check done with your doctor, which includes tests for body mass index, cholesterol, and blood sugar. While not absolutely necessary, accuracy of your blood sugar results is increased if you fast (water only) for 12 hours before your screening.



THE CONFIDENTIAL RESULTS: Your health numbers are sent to Vitality to populate your personal feedback report, which you can share with your doctor and use to help improve and maintain your health.

Powered by Vitality



For Vitality website support, contact Vitality Customer Service at (877) 224-7117 or wellness@powerofvitality.com.

FAQ

What's in my feedback report?

The feedback report combines your responses and results to return an overall "wellness score" and brief summary of what that means along with your responses, risk factors, and suggestions for ways to improve and maintain your health. The report also includes links to more information and resources, plus a printable lab report and doctor discussion guide.

Is my privacy protected?

Your privacy is protected—always. Combined results from all participating employees provide USC with "big picture" trends to create benefits to help all employees improve and maintain their health. **No one at USC who is not involved in your clinical care sees any of your individual results.** Your individual results will not affect your eligibility for health care coverage or the amount you pay for your coverage (other than the \$40/month credit for completing the two steps outlined).