



VITALITY HEALTH REVIEW:

START A HEALTHIER LIFE
WITH WHAT YOU KNOW



The Vitality Health Review® (VHR) is a confidential online questionnaire available on the Vitality website or the Vitality Today™ mobile app that can help you assess your current health. It only takes 10 to 15 minutes and your answers on your physical activity, diet, stress level and more will show you where you're doing well and where you may need to improve to become healthier. When its complete, you'll receive your scientifically calculated Vitality Age® : a unique measure of your "true" age from lifestyle behaviors.

Vitality recommends that you take the VHR as soon as you register or when your program year renews. You'll receive 500 Vitality Points® for completing it, and if you do so within 90 days of either, an additional 250 points.



"I think the Vitality program offers a really nice tool to keep you focused. Everybody needs accountability to measure where you are and set some goals on where you'd like to be."

-Vitality Member Frank S.