



CREATE YOUR
**PERSONAL
PATHWAY**
TO BETTER HEALTH

ON MY PATHWAY

Results guide me

Submit your Vitality Check today

A Vitality Check® biometric screening is confidential health analysis that includes a blood screening and biometric assessment, which measures your body mass index (BMI), blood pressure, and blood glucose and cholesterol levels. Submitting your screening results is easy with the Vitality Check form in the Forms and Waivers section in Your Account on the Vitality website or under Submit Activity on the Vitality Today™ mobile app. You can submit individual biometric screenings or a full 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.

Knowing your numbers and what to do with them is key

After you have completed a Vitality Check, you can view your health results under Health Profile on the Vitality website and quickly identify where you can focus your attention to improve your health. You'll earn Vitality Points each program year you have a Vitality Check.