

Vitality is for Everyone!

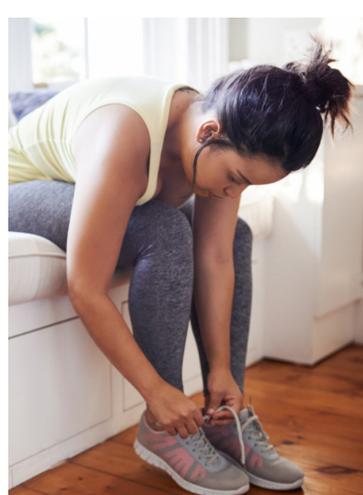
Did you know... you can participate in the Vitality Program whether or not you are enrolled in an Equity Medical Plan.



Equity is committed to being an active partner in your efforts to achieve and maintain a healthy lifestyle. One of the options we're proud to provide is the Vitality Program. This program offers tools and resources to help track healthy living choices, learn new ways to improve your lifestyle and earn some pretty cool rewards along the way.

Rewards for Your Good Efforts

Every healthy action you take can earn you Vitality Points. The more you do, the higher your Vitality Status and the greater the rewards that come with it. Plus, you can spend the Vitality Bucks you earn from all those healthy choices on some sweet gifts from the Vitality Mall. Your family can earn points, too!



Activity	Point Value
Vitality Health Review	up to 750 per adult
Vitality Check	up to 4,025 per adult
Annual Physical Activity Review	250 per adult
Athletic Events	up to 500 per event
Nutrition Courses	300 per course
Mental Wellbeing Review	300 per adult
Annual Health Screenings	400 per screening
Verified Exercise	up to 15 per day per adult
Annual Flu Shot	200 per adult or child
Meditation	10 per session
Sleep Well (sleep tracker)	up to 300 per adult
Using Vitality Calculators (max. 4 per year)	up to 300 per adult
Annual CPR Certification	125
Annual First Aid Certification	125
Monthly Vitality Squares Game	up to 50 per month per adult
Annual Childhood Immunizations	400 per child
Child Sport and Athletic Activities	350 per child (limit 1 per child)

How to Earn Vitality Points:

1. Log in to PowerOfVitality.com to register.
2. Take the required Vitality Health Review (VHR).
3. Complete a Vitality Check or biometric screening.
4. Participate in as many health and fitness-related activities as you can.
5. Download the Vitality Today app to access your account and track activities on the go.

Additional Rewards

If you are enrolled in an Equity medical plan, you can lower your medical premiums by achieving higher Vitality Status. The higher your status, the greater your medical premium credit. (Your Vitality status as of December 1 each year will determine your credit for the next calendar year.)

Participants	Bronze	Silver	Gold	Platinum
Employee Only	< 2,500 points	2,500 points	6,000 points	10,000 points
Employee + Spouse (if enrolled in medical)	< 3,500 points	3,500 points	9,000 points	15,000 points

Knowing your numbers is important, but taking steps that positively impact your numbers is critical to your health and wellbeing. Achieving healthy "in-range" results on your biometric screening (Vitality Check) will not only give you the results that you've worked for, but will also produce additional financial rewards. You can earn rewards of up to \$150 for yourself or up to \$300 if your spouse is also covered on your medical plan and completes the requirements.

You must complete both your Vitality Health Review (VHR) and Vitality Check in order for you to receive your Outcomes-Based Reward. If you have a spouse covered on Equity's medical plan, both you and your spouse must each complete a VHR and Vitality Check in order for you to receive your Outcomes-Based Reward.

Get Started!

Visit the Total Wellbeing Portal at login.eqr.com or PowerOfVitality.com.

