

WELLNESS PROGRAM

Support to help you live, work, play and feel better.



Make the moves that matter and learn more about your health

Welcome to Blue Cross and Blue Shield of Nebraska's (BCBSNE) wellness program powered by Vitality®. The program provides tools and motivation to help you make healthy choices and forge your own path to well-being.

All you have to do is visit **PowerofVitality.com** or download the **Vitality Today™ mobile app** to start earning rewards for focusing on your wellness!



Earn \$150 in Rewards!

As you engage with the program, you will earn points toward rewards by completing activities designed to help you achieve optimal health. You'll receive a \$50 Amazon gift card* each time you reach a new point level.

Reach Goals Your Way

Everyone's wellness needs are different, which is why the program features a variety of categories for you to earn points. Activities include taking self-paced online nutrition courses, tracking your workouts, completing preventive health exams and more.

For more information on how to earn points, go to the Points Planner at **PowerofVitality.com**. The Points Planner categorizes the many activities for which you can earn points to reach your desired reward level.

\$50 SILVER
2,500 pts.

+ **\$50** GOLD
6,000 pts.

+ **\$50** PLATINUM
10,000+ pts.

*Restrictions apply; see Amazon.com/gc-legal. Gift cards may be reported to the IRS as taxable income. Due to IRS regulations, all rewards will count as taxable income. Vitality Health is an independent company providing workplace wellness services for Blue Cross and Blue Shield of Nebraska.

Start Today

Eligible employees can set up their account anytime during the program timeframe. Go to **PowerofVitality.com** and follow the steps below. If you are a new employee, you can set up your account within 14 days of your hire date.

Account Setup

1. Go to **PowerofVitality.com**.
2. Click “First time logging in? [Register now.](#)”
3. Fill in the required fields. Then, select “Next: Confirm your identity.”
4. Enter your principal ID number, which is a combination of the following information.

01234	YYYYMMDD
Last 5 Digits of SSN	Date of Birth

Example ID: **01234YYYYMMDD**

5. Click “Next: Validate Details.”
6. Create your unique username and password.
7. Select “Next: Secure Your Account” and fill out your security questions. Agree to the terms of use and start earning points!
8. After you have created your account, complete the Vitality Health Review. It takes approximately 10 minutes to answer questions about your overall health, physical activity, eating habits and more. When its complete, you’ll receive your scientifically calculated Vitality Age®: a unique measure of your “true” age based on your lifestyle behaviors.
9. Download the Vitality Today™ app from the app store to interact with the program while you’re out and about, capture and submit athletic events, sports leagues, gym workouts and prevention activities.



Vitality Today™ mobile app



Discount on Fitbit® Trackers and Devices

Fitness trackers and wearable devices can give you the freedom to get fit your way. The Fitbit family of trackers and smartwatches can work seamlessly with your lifestyle, budget and goals. As a BCBSNE member, you can enjoy an exclusive discount and **save 18%** on the entire line of Fitbit products, plus receive free shipping. Go to **Blue365Deals.com** to view exclusive deals on fitness trackers.

Technical Support

Login support is provided by Vitality Monday to Friday from 7 a.m. to 7 p.m. CT. For assistance logging in or help navigating the website, call 877-224-7117. Members can also email our support team at **Wellness@PowerOfVitality.com**.

Your Privacy is Important

The program is offered at no cost to you and is voluntary and confidential. No one, including your employer, can obtain your personal information without your permission.

Fitbit® is an independent company that provides activity tracking devices for Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross Blue Shield Association.



STEPPING IT UP

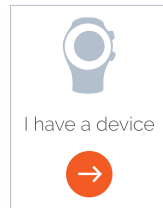
How to connect your step-tracking devices



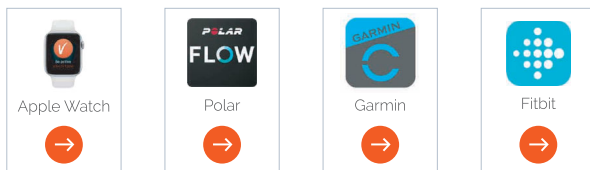
Log in and select **devices** on the homepage.



Select **I have a device** or **link another device**.



Select your device. You will be redirected to the device website. Log in with **your device account information** and connect to Vitality.

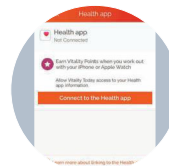


Steps will now automatically sync with your device and Vitality.

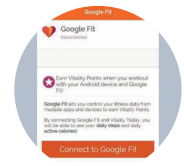
Open the app and select **more** on the menu bar.



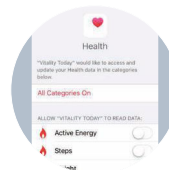
Select **connect to health app**



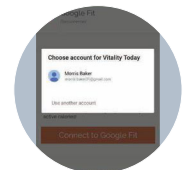
Select **connect to Google Fit**.



Select **Vitality Today** and turn on **all categories**



Select **your account** to connect



Steps will now automatically sync when you open the Vitality Today mobile app.

Important Information

- You must sync your device regularly in order for data to be sent from your device interface to Vitality.
- It is recommended to log in to Vitality Today at least once per week and more frequently if you are engaging in an active challenge.
- Verify receipt of physical activity points by visiting your personal points statement on PowerofVitality.com or Vitality Today.
- It can take 24-48 hours for data to load in Vitality and points to be awarded.

Still have questions? On PowerofVitality.com navigate to Resources > Guide to Vitality > Linking to Vitality