

WELLNESS PROGRAM

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

Make the moves that matter and learn more about your health

Included with your Blue Cross and Blue Shield of Nebraska health plan is a free wellness program, powered by Vitality®. The program provides tools and motivation to help you make healthy choices and forge your path to well-being.



Earn over \$150 in Rewards!

Throughout the program year, January through December, you will earn points towards rewards by engaging in activities designed to help you achieve optimal health.

You **earn rewards** each time you reach a new status level (Silver, Gold and Platinum) along with Vitality Bucks for each point accumulated. Your status level reward and Vitality Bucks can be redeemed in the online mall for gift cards and fitness devices.

Reach Goals Your Way

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

\$50 SILVER STATUS
Gift Card Reward

+ **\$50** GOLD STATUS
Gift Card Reward

+ **\$50** PLATINUM STATUS
Gift Card Reward

How to Get Started

You can set up your Vitality account anytime during the program timeframe. 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** and click the "Register now" link.
2. Fill in the required fields. Then, select "Next: Confirm your identity."
3. 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**

4. Create your unique username and password. Then, follow the steps to complete your Vitality account setup.
5. After you have created your account, complete the Vitality Health Review. It takes approximately 10 minutes to complete.
6. You can now use your mobile device to interact with Vitality. **Download the Vitality Today™ app** to interact with the program while you're out and about. Use the unique username and password you created during your Vitality set up to log into the app.



Vitality Today™ mobile app

Want direct access to your Vitality account?

Visit **MyNebraskaBlue.com** and log in or create your account. Select *Vitality Wellness* in the *Find Care and Estimates* section at the bottom of your **myNebraskaBlue** homepage. This link will take you directly to your Vitality account and walk you through the steps to set up and secure your account.



Technical Support

Login support is provided by Vitality Monday to Friday from 8 a.m. to 5 p.m. CT. For assistance logging in or help navigating the website, call 877-224-7117. You can also email the Vitality 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.

➔ Want to learn more?

Visit **NebraskaBlue.com/HealthRewards**

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The NE Chamber and its subsidiaries are not insurers and do not make specific recommendations to plan sponsors. Any health plan adopted by sponsors complies with ERISA or other applicable laws.

*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, an independent licensee of the Blue Cross Blue Shield Association.

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