Vitality

Set a Vitality Goal

SET GOAL

Vitality goals help you achieve your highest potential. Reach yours! Begin by setting a goal today.

You've completed the Vitality Health Review™ (VHR) and may have also had a Vitality Check™. You are now ready to continue your wellness journey and be rewarded with points along the way. Begin by setting a Vitality Goal!

Setting a goal is easy. Once you decide on the Vitality recommended goal that's right for you—right now, simply click "Set Goal" and the goal is activated. Earn points when you participate in Vitality activities that support your activated goal and when you achieve your goal in the time frame given. Vitality has all of the necessary tools and resources to help you achieve your goal, and will support you all the way!

RECOMMENDED GOAL

To review and set your recommended goals, log in to the **Vitality website > My Profile > My Goals.**