



# Getting to know Power of Vitality assessments



## HEALTH

Evaluates how you are doing in the most important areas for living a healthy life.



## PHYSICAL ACTIVITY

This seeks to understand more about you as it relates to exercise. The more we understand about you, the better we can recommend personalized activities that will support you on your physical activity journey.



## HEALTHY EATING

This seeks to understand more about you and how you feel about healthy eating. The more we understand about you, the better we can recommend activities best suited to help you maintain or improve your eating habits.



## MENTAL WELLBEING

This helps us understand more about you so that we can recommend personalized activities that will help enhance your mental wellbeing.



## FINANCIAL WELLBEING

This helps us understand more about you and your financial habits so that we can help you discover activities that can support you.



## MUSCLE AND JOINT HEALTH

This helps us understand your unique circumstances and identify where you might need support for your muscle and joint health. The more we understand you, the better we can recommend personalized activities that can help you out.



## CAREGIVER

This seeks to understand your caregiver responsibilities and where you need support. Caregiving in this context refers to having the responsibility to look after someone's daily tasks and activities. Based on your responses, we will recommend personalized activities that will support you with your situation.



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