



BENEFIT NEWS

January 2024



WE HAVE A LOT TO BE THANKFUL FOR AS WE ENTER A NEW YEAR WITH VITALITY!

With a new year comes a few changes to your Vitality account:

- Vitality Status will reset to Bronze Status
- 10% of your Vitality Points will rollover as a “kick-start” bonus in 2024
- ALL of your unspent Vitality Bucks will be available

If you haven't gotten started yet, or if you're looking for a head start in 2024, read below for instructions on how to begin your year strong and earn along the way! Move from Bronze Status to Silver, Gold and Platinum by accumulating Vitality Points for participating in healthy activities that may already be a part of your routine.

FOR EMPLOYEE			
BRONZE	SILVER	GOLD	PLATINUM
0 pts	2,500 pts	6,000 pts	10,000 pts

FOR SPOUSE			
BRONZE	SILVER	GOLD	PLATINUM
0 pts	3,500 pts	9,000 pts	15,000 pts

If you are new to the program, check out reward earning opportunities in 2024 through [Vitality](#).

- Engage in [Active Rewards](#) on the Vitality Today mobile app and earn the chance to win instant gift cards each week for logging your physical activity and meeting your goals!
- Don't forget to play [Vitality Squares](#) each month and take a chance at winning a \$500 Amazon Gift Card!
- Complete your Vitality Check and achieve Silver Status and earn your wellness incentive for 2025!



Be sure to stay connected on the [Vitality Today app](#) where you can submit documentation of your activities, check in at the gym, complete your Vitality Health Review and more! So if you're ready to get started, here is what you need to know:

- Register at www.powerofvitality.com or the Vitality Today mobile app.
- Ring in the New Year with [750 Vitality Points](#) for completing the Vitality Health Review (VHR) by March 31st! This health assessment takes 10 minutes to complete and can be accessed via the Vitality Today mobile app or by logging in at www.powerofvitality.com
- You can earn over [3,000 Vitality Points](#) when you complete your Vitality Check biometric screening. Download the Vitality Check biometric screening form and have your physician sign off at your next annual visit.
- Connect your fitness device (Fitbit, Garmin, Polar, etc.) or app (Apple Health, Samsung Health, Map My Run, etc.) and begin earning points daily.

For more information, visit www.powerofvitality.com

DO YOU HAVE QUESTIONS ABOUT YOUR FEDERAL & STATE BENEFITS

FEDlogic is your independent resource to help navigate and maximize your federal and state benefits. Lofton has provided access to a virtual private seminar.

The seminars are educational and completely free to you and your household members. Join virtually on the last Wednesday of every month - 1PM CST.



Scan the QR code with your phone's camera to view the session calendar & preregister.



FEDlogic

Next seminar will be held on **January 31, 2024, 1PM to 2PM CST.**

Still have questions? Contact Mary Dixon, Benefits Coordinator at benefits@Lofton.jobs or 225-924-0200.

Visit us online @ Lofton.jobs