



Your Goals Are Within Reach

Goals are powerful. They motivate us to dig deeper and go the extra mile. Vitality is a voluntary wellness program that supports your goals and rewards you for reaching them. Whether you want to lose weight, quit smoking or change your diet, Vitality has ways to help you improve your overall health.



How Vitality Works

1. **Sign Up**
Register as a Vitality member at www.powerofvitality.com. Keep your username and password in a safe place.
2. **Complete Healthy Activities**
You earn Vitality Points™ for many activities, such as completing a biometric screening, a 5K or an online nutrition course.

Learn all the ways you can earn Vitality Points at www.mckesson.com/totalrewardslibrary > **Wellness Programs** > **How to Earn Vitality Points**.

3. **Earn Rewards**
Your Vitality Points determine your Vitality Status®. The higher your status, the greater the rewards. Start by earning **1,000 Vitality Points** to unlock savings on your McKesson medical premiums.

Vitality Status

Your Vitality Status depends on how many Vitality Points you have and who you cover under your McKesson medical plan.

Medical Coverage	Your Vitality Status in 2019			
	Bronze	Silver	Gold	Platinum
<ul style="list-style-type: none"> • You • You + Child(ren) 	0 pts	2,500 pts	6,000 pts	10,000 pts
<ul style="list-style-type: none"> • You + Spouse/Domestic Partner • You + Family 	0 pts	3,500 pts	9,000 pts	15,000 pts

Earn Rewards

Savings on McKesson Medical Premiums

You unlock savings by earning at least **1,000 Vitality Points** in a calendar year. Savings go up as you increase your status.

Employee Only or Employee + Child(ren)	
Vitality Status	Premium Savings
Unlocked Savings at Bronze	\$35 a month
Silver	\$75 a month
Gold	\$115 a month
Platinum	\$125 a month

Employee + Spouse/Domestic Partner	
Vitality Status	Premium Savings
Unlocked Savings at Bronze	\$70 a month
Silver	\$150 a month
Gold	\$230 a month
Platinum	\$250 a month

Savings Calendar



September 30, 2019 — The savings you earn by September 30 show up on UPoint, the enrollment website, during Annual Enrollment.



November 30, 2019 — The savings you earn by November 30 start with your first paycheck in January. Reach Platinum Status by this date to save the most for all of 2020.



December 31, 2019 — The savings you earn by December 31 start as soon as administratively possible in 2020.

Vitality Bucks

You get one Vitality Buck® for each Vitality Point you earn and Bonus Bucks every time you increase your Vitality Status. Spend your bucks on the Vitality website at **Rewards > Redeem your Vitality Bucks** to buy gift cards and fitness devices from brand names such as:



Weight Loss Program Rebate

Save up to \$200 per year on membership fees for a weight loss program of your choice. Learn more at www.mckesson.com/totalrewardslibrary > **Wellness Programs > Weight Loss Program**.



Gym Membership Rebate

Get up to \$275 back on your annual gym fees. Learn how at www.mckesson.com/totalrewardslibrary > **Wellness Programs > Answers to Your Vitality Questions**.



Reaching Your Goals Is Easier with Support Along the Way

Vitality is your link to wellness programs, tools and resources that promote overall well-being.



Vitality Goals

Set and manage personal goals. You can choose your own goals or get recommendations from Vitality. Learn how at [Vitality > Health Profile > Goals](#).



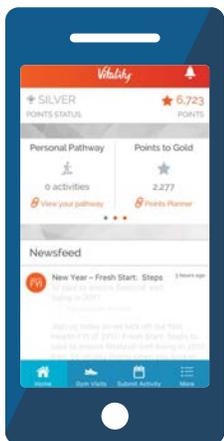
Vitality Points Planner

Create your path to Platinum Status by making a list of the activities you want to complete. See how at [Vitality > Points > Points Planner](#).

Get a Free Fitness Device

As a new Vitality member, you're eligible for a FREE fitness device or a \$47 credit toward one of your choice. Get your device or redeem your credit at [Vitality > Rewards > Fitness Devices](#).

You get the free fitness device or credit once per lifetime.



Connect to Vitality on the Go

Download Vitality Today

The Vitality Today™ app is an easy way to track and submit activities from your mobile device. Download it from the App Store® or Google Play™. Setting up the app is easy, but you need your Vitality username and password to do it.

Link Your Device to Vitality

Connect a Vitality-approved fitness or mobile device to your Vitality account to easily submit your workouts and earn Vitality Points. You can find a list of approved devices at [Vitality > Devices](#).



New for 2019! Play Vitality Active Rewards

Use the Vitality Today app to play Vitality Active Rewards*, a fun new game that rewards you for working out. Reach your weekly points target to spin the Vitality Wheel™ for great prizes, such as gift cards and Vitality Points. Learn more at [Vitality > Rewards > Vitality Active Rewards](#).

* Active Rewards is open to U.S.-based McKesson employees who participate in Vitality.

Vitality Buzzwords to Know

Get to know these common Vitality terms to help you make the most of your wellness journey.



Vitality Check

The Vitality Check™ is a voluntary biometric screening that measures your BMI, blood glucose, cholesterol, blood pressure and cotinine level. The screening is worth up to **4,025 Vitality Points** — a great way to increase your Vitality Status and rewards!



VHR

The Vitality Health Review™ (VHR) is a voluntary, confidential online questionnaire that helps you learn about your health. It takes only about 10-15 minutes to complete and is worth **500 Vitality Points**.



Vitality Age

Vitality Age™ is a reflection of your health based on health risks and lifestyle. A Vitality Age equal to or lower than your actual age is a sign of good health.



Vitality Squares

Vitality Squares is a game of chance you can play monthly for Vitality Points and gift cards. Click the square you think has an image of fruit on the other side — if you're right, you win!



Can I sign up for Vitality?

You can sign up for Vitality if you work full time and are eligible for McKesson benefits. You don't have to enroll in a McKesson medical plan to join Vitality. If you're new to McKesson, you can sign up 14 business days after your start date.

Your spouse/domestic partner can sign up for Vitality only if they're enrolled in a McKesson medical plan.

Inspire Your Coworkers to Better Health

Find out how you can help make your workplace healthier and more active. Consider becoming a Wellness Champion. For more information, email WellnessChamps@McKesson.com.



Get the Full Scoop on Vitality

Vitality has so much to offer that we couldn't fit it all in this overview. Go to www.mckesson.com/totalrewardslibrary > **Wellness Programs** for information about the programs offered, and select **Answers to Your Vitality Questions** for more details.

McKesson is committed to helping you achieve your best health and offers all employees Vitality Points for participating in Vitality. If you are unable to meet any Vitality outcome-based standard, Vitality automatically offers you ways to earn the same reward by different means, regardless of any medical condition and without your doctor's approval. If you think you are unable to meet an activity-only Vitality standard (or a reasonable alternative to such standard), you might qualify for an opportunity to earn the same reward by different means with your doctor's approval. Visit the **Forms and Waivers** page on the Vitality website to download the applicable waiver form. If necessary, complete your portion of it, have your doctor complete his/her portion of it and then submit it to Vitality. Vitality will use your doctor's recommendations to apply a medical accommodation for you in light of your health status. If you have any questions, contact the Vitality Customer Service Center at **877.224.7117**.

Vitality

www.powerofvitality.com

877.224.7117

8 a.m. - 5 p.m. Central time, M-F
wellness@powerofvitality.com

En español — *entra a Vitality, ve hasta abajo y haz clic en Lenguajes > Español.*

Total Rewards Library

www.mckesson.com/totalrewardslibrary

Find information 24/7 about health and wellness programs from any device connected to the internet.

HR Support Center

855.GO.MCKHR (855.466.2547)

Press 1 for for the McKesson Benefits Center for Health, Vitality and Pension questions. Benefit experts are available 7 a.m. - 6 p.m. Central time, M-F.

Oprime 1 para asistencia en español a través del McKesson Benefits Center.