

# The ABCs of a healthier staff.

Better health, more energy, great rewards – the people that work at your school can get a lot out of HumanaVitality.® As your school's wellness champion, get started today and your staff can be on track to a healthier life.

Start at the head of the class



**Getting the people at your school on board with HumanaVitality begins with support from the top.**

- A letter-perfect kickoff
- Principal/Administration leadership endorsement

Get others to raise their hands



**Support materials designed to help your staff engage with HumanaVitality.**

- Printed promotional materials
- Online videos

Take the test



**Taking the Health Assessment will give you a clearer picture of your health in just a few minutes.**

- Get your Vitality Age™
- Have a Health Assessment Day

Do the math



**An on-site Vitality Check® will give your staff the numbers they need to start living healthier.**

- What is a Vitality Check?
- Schedule an on-site Biometric Screening Day

