

Great news! A Vitality Challenge is coming to the Northern Illinois District in August! The leadership is proud to be bringing a fun activity like this to our ministries. These types of events bring about camaraderie, wellness solution awareness, and fun!

The NID – Let's Get Moving Challenge will be held between August 31, 2026, and September 27, 2026. A Vitality Challenge brings healthy motivation to our district. You can begin registering for this challenge on Vitality on August 24th! This upcoming Vitality Challenge will require the creation of a goal within Vitality and checking into the goal 5 days per week during the 4-week duration of the challenge. All you have to do is move your body 10 minutes a day, 5 days a week. Any physical activity for 10 minutes. If it gets you moving, it counts!

All participants that complete the challenge requirements within Vitality will be awarded 100 Bonus Vitality Points!

This challenge is available to Concordia Health Plan members and enrolled spouses (also in the Concordia Health Plan).

To participate in this **free** Vitality Challenge, you must be registered with Vitality. Don't worry - if you haven't registered for Vitality, it's not too late. Here is a [quick video](#) to show you how to get started.

If you've already registered for Vitality, you are ready to join the challenge. NID participants may join the Vitality Challenge beginning August 24th. The Challenge will begin on Monday, August 31st. Here is how to join the challenge:

- Login to the Vitality website at www.powerofvitality.com or login to the Vitality App
- Click the "Challenges" tab located at the top the website at www.powerofvitality.com or, if you are using the Power of Vitality App, click the "Challenges" button located at the bottom of the app homepage
- Click "NID – Let's Get Moving!"
- Click "Join Challenge"

Great job! You have now joined the challenge. Congratulations on taking this important first step toward becoming more active and receiving Vitality reward points along the way. For those interested in connecting a device to their Vitality App for easier activity tracking, please refer to the [Intro to Vitality.pdf](#) under Step 5 – Connect.

Here is how to create your goal within Vitality and complete your goal check-ins:

- Login to www.powerofvitality.com or login to the Vitality App
- Navigate to the Build healthy habits section and click "Add a goal"
- Click the "Physical activity" tile and then click "track my active days"
- Adjust the "How many days a week?" option to 5 and the "How many weeks?" section to 4
- Adjust the "When do you want to start you goal?" to August 31, 2026
- Beginning August 31st, you can begin checking into your goal after completing your 10 minutes of physical activity for the day!

After you have registered for the challenge and set up your goal, you are now ready to act! If you check into your goal at least 5 days per week from between August 31 and September 27, you will have successfully completed the challenge!

For login and registration support or assistance with joining the challenge, please contact Vitality at wellness@powerofvitality.com or (877) 224-7117.