We encourage you to submit this activity online. To submit online, simply log in to the Vitality website, navigate to Home > Online Form Submission, locate your specific activity and submit your information and supporting documentation for Vitality Points.

To qualify for Vitality Points, you must submit your information and supporting documentation within 90 days of the event completion.

Section A: Member Information	
First Name:	Last Name:
Vitality ID:	Date of Birth:

Section B: Blood Donation Information	
Donation Agency:	Donation Date:

You can also send this form and supporting documentation to:

Email: wellness@powerofvitality.com, fax: 877.224.7110, or mail to:
The Vitality Group, 200 West Monroe, Suite 2100, Chicago, IL 60606