



Feeling good about your finances is a great way to be kind to yourself now and in the future. The way you do will depend on your individual circumstances, but we are right here to help! That's why we've launched this new, free tool – myFiTage – to guide you through key financial decisions, so you see how they affect your financial independence. From your spending and debt to your health, wealth and savings decisions, myFiTage will help you keep your financial goals on track.


## How to get started with myFiTage

- 1 **Log in** to the MyWellness website and go to **Programs**.
- 2 Click **View All** and choose myFiTage from the list.
- 3 Click the **Start Now** button to be directed to the myFiTage website.

## MyWellness Points for 2023

**Learn your FiT Age with myFiTage** **500 points**  
*(once per year)*

**Extend your FiT Lifetime with myFiTage** **250 points**  
*(once per year)*

 **January 2023 - October 31, 2023** – when activities must be completed

## Discover more ways to be kind to yourself

The MyWellness program offers more than 100 activities that inspire and motivate you to be kind to yourself. To create your account, use your My HR Information Employee ID found on EmployeeCentral.

### From your work computer

EmployeeCentral > MyBenefits > Well-being Programs tab > View MyWellness Website

### From your home computer

[home.commonspirit.org/mywellness/vp](http://home.commonspirit.org/mywellness/vp)

### From your mobile phone

Download the free Virgin Pulse app from the **App Store** or **Google Play**.



Scan this code to visit the MyWellness website



### Need help getting connected?

Contact Virgin Pulse Member Services at 833.721.4094 Monday through Friday, 8 a.m. to 9 p.m. ET.