

Sharing the benefits
of healthy living

Vitality

A guide to the Vitality Programme.

Health insurance · Life insurance · Car insurance · Investments

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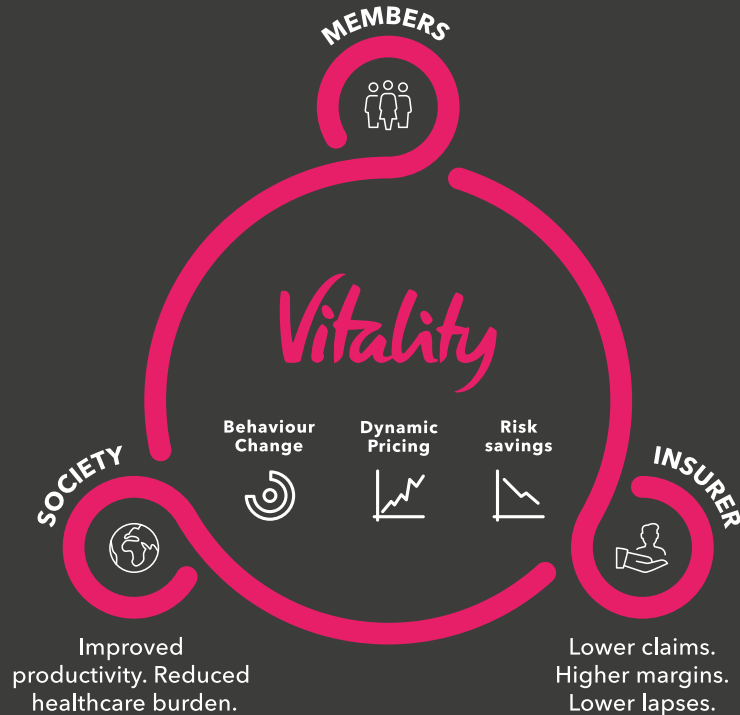
About VitalityHealth.

VitalityHealth is part of the Discovery group, founded in 1992 and now covering over 15 million customers, across 19 countries worldwide.

VitalityHealth is positively different to other insurers, as we realise that health risk is closely linked to people's lifestyle behaviour. This underpins our Shared-Value Insurance Model. By incentivising and encouraging our members to be healthier, not only do they benefit from improved health and wellbeing, but VitalityHealth as an insurer benefits from insurance savings from healthy members who are less likely to claim. These savings allow us to offer comprehensive cover with richer benefits, more valuable behavioural incentives, and more sophisticated pricing and underwriting. This approach benefits all stakeholders – the individual, the insurer, and broader society.

Shared Value Model

Better health, better levels of cover and better premiums.



Summary of discounts and rewards with the Vitality Programme.

Health partners	Personal Healthcare	Business Healthcare and Corporate Healthcare with Vitality Plus	Corporate Healthcare with Vitality Select
Understand your health			
Vitality Healthcheck	✓	✓	✓
Bluecrest Screening	✓	✓	✓
Fitness Assessment at Virgin Active	✓	✓	✓
Get healthier			
Get active			
Virgin Active/Nuffield Health/David Lloyd	✓	✓	✓
Runners Need	✓	✓	✓
Garmin/Polar/Withings/Samsung/Fitbit	✓	✓	✓
Fiit	✓	✓	✓
parkrun	✓	✓	✓
Nike with Vitality	✓	✓	✓
Eat well			
WW	✓	✓	✓
Waitrose - Good Health products	✓	✓	✗
Stop smoking			
Allen Carr's Easyway	✓	✓	✓
Mindfulness, wellbeing and relaxation			
Vitality Healthy Mind/Headspace app	✓	✓	✓
Champneys	✓	✓	✓
Be rewarded			
Active Rewards			
Vitality American Express® Credit Card	✓	✓	✗
ODEON and Vue	✓	✓	✗
Rakuten	✓	✓	✗
Caffè Nero	✓	✓	✓
Apple Watch	✓	✓	✗
Amazon Prime	✓	✓	✗
Travel			
Mr & Mrs Smith	✓	✓	✗
Expedia	✓	✓	✓
Family			
Vitality Healthy Kids	✓	✓	✓

The information in this brochure does not apply to Vitality at Work or Essentials plans.

Introducing the Vitality Programme.

As well as award-winning cover, we give you something back when you get active and track your activity, meaning you can benefit without having to claim.

If you want to get healthier and be rewarded for your efforts, here is how you can get started with the Vitality Programme and how you can earn points to get bigger rewards from a range of Vitality partners, including Apple Watch, Amazon Prime, Waitrose and more.



Active Rewards

We've made it even more rewarding to stay healthy. By being active, you could enjoy:

- A weekly handcrafted drink at Caffè Nero. Just earn 12 activity points a week.
- A cinema ticket at ODEON or Vue. Earn 48 Vitality activity points in a calendar month.
- A monthly payment towards Apple Watch. Earn 160 activity points a month.
- A monthly payment towards an Amazon Prime membership. Earn 160 activity points a month and your next month will be on us.
- Up to 25% cashback on selected Waitrose Good Health products when you earn up to 160 Vitality activity points a month.

Status changes

By doing things like staying active, tracking your health and doing mindful activities you can earn Vitality points.

The healthier your efforts, the more points you earn, which contribute to your Vitality status: Bronze, Silver, Gold or Platinum. The higher your status, the higher the discounts you get from some of our reward partners - outlined within this guide.

SINGLE 0 JOINT 0	SINGLE 800 JOINT 1200	SINGLE 1600 JOINT 2400	SINGLE 2400 JOINT 3600
BRONZE Vitality Status	SILVER Vitality Status	GOLD Vitality Status	PLATINUM Vitality Status

Unprecedented value through the Vitality Programme.

See how Helen saved herself over £500 in a year, as a member on Silver status, just by engaging in Vitality.



Bronze Silver Gold Platinum

50% off Healthcare Screening

Based on Helen having a Vitality Age Gap under three years.



Saved: £134

50% off a pair of sports shoes at Runners Need

Based on a pair of shoes at RRP £100



Saved: £50

A handcrafted drink from Caffè Nero

Based on Helen taking up the offer every other week and an average drink costing £3



Saved: £72

75% off two night Spa Stay in Champneys

In a standard room in Forest Mere resort



Saved: £277

Cashback on selected Waitrose Good Health products

£15 off an eligible £100 shop at Waitrose



Saved: £15

TOTAL SAVED:

£548

Here are some ways you can get started earning points, and benefit from the **Vitality Programme**.

32 points

For going on a 60 minute bike ride and reaching your target heart rate once a week for a month*



100 points

Go to the dentist for a check-up



*Working out at 60% of your age related maximum heart rate: 5 points for 30 minutes, 8 points for 1 hour. Working out at 70% of your age related maximum heart rate: 8 points for 30 minutes.

**GOLD & PLATINUM
THIS WAY**

**YOU'VE REACHED
SILVER STATUS!**

Single: 800 pts
Joint: 1,200 pts

100 points

For completing
your online Health
Review and setting
your goals



480 points

For taking a Vitality
Healthcheck and scoring
in the green zone for all
four tests



50 points

For volunteering
at a parkrun for
10 weeks



240 points

For tracking
12,500 steps a day,
5 times a week for
6 weeks



**START AT
BRONZE**

Link your device on
the Member Zone
to track your daily
activity and start
earning points.

1

Understand your health.

When you join, register on our Member Zone at vitality.co.uk/member and take your online Health Review. We use what you tell us to set you some goals and suggest some of our partners to help you achieve them. You'll also be able to find out your Vitality Age.

Online Health Review.

First, we ask for some information about your health – anything from your height and weight to how you feel about exercise. Then, we use what you tell us to create a personal plan for you. Your plan explains the things you need to focus on to get healthier, starting with the most important. You'll also be able to find out your Vitality Age – our scientific calculation that assesses the impact of your lifestyle on your health. Your Vitality Age may be higher or lower than your actual age but it's a great way of understanding your health.

Taking the online Health Review earns you 100 Vitality points.

Vitality Healthcheck.

It's easy to get to know your health numbers and you'll get expert insight into your current health measures, as well as expert advice on how to get healthier. Start by having a Vitality Healthcheck through our partner, Suluq Limited (previously known as roadtohealth) to help you keep on top of your key health indicators including your blood pressure, cholesterol, glucose and body mass index (BMI). You'll also be asked to confirm your smoking status.

You can earn up to 240 Vitality points by booking a Healthcheck.

We'll also give you another 60 points for each healthy result and 100 Vitality points for confirming you're a non-smoker. You can earn these points once every plan year.

For Personal Healthcare plans one adult member on your plan can have a Vitality Healthcheck at no additional cost every plan year. For Business Healthcare plans, Corporate Healthcare plans and Healthcare Trusts, the principal member can have one Vitality Healthcheck without charge, per plan year. All other adult members on a plan are eligible for a Vitality Healthcheck available at £15.

[To find out more visit \[www.vitality.co.uk/rewards/partners/health-checks/vitality-healthcheck/\]\(http://www.vitality.co.uk/rewards/partners/health-checks/vitality-healthcheck/\)](http://www.vitality.co.uk/rewards/partners/health-checks/vitality-healthcheck/)

50% to 81% off health screens.

For extra peace of mind, you can also get discounts on health checks and health screens with our screening provider, Bluecrest. You can get 50% to 81% off Bluecrest Screenings.

A health screen can look at a wider range of indicators than a health check and gives you a more in-depth picture of your health. You'll be able to talk to a healthcare professional about your results and get some guidance on how you can maintain a healthy lifestyle and reduce the risk of future health problems.

You can save up to 81% if you have a Vitality Age Gap of three or more years. If your Vitality Age Gap is less than three years, the discount will be 50%. A Vitality Age Gap will only be verified when you take a Vitality Healthcheck, available at selected UK pharmacies.

[To find out more visit \[www.vitality.co.uk/rewards/partners/health-checks/bluecrest/\]\(http://www.vitality.co.uk/rewards/partners/health-checks/bluecrest/\)](http://www.vitality.co.uk/rewards/partners/health-checks/bluecrest/)

Fitness assessment with Virgin Active.

You can have a fitness assessment at all Virgin Active clubs within our network at no extra cost.

They are with a qualified fitness coach and take no more than half an hour. Plus you don't need to be a member of the gym to have one. Just take your Vitality membership number with you when you go along. Fitness assessments may vary depending on which gym you go to, but they all include:

- A measurement of your weight and height to calculate your Body Mass Index (BMI)
- A blood pressure reading
- A fitness test (YMCA Step test)

Having a fitness assessment at participating gyms earns you 60 Vitality points per measurement. We'll also give you another 60 points for each healthy result. You can earn these points once every plan year.

[For more details on the Vitality points you can earn for health screens and fitness assessments, take a look at our points table on page 36.](#)

Important information

You can choose to have a maximum of two discounted health screens each plan year. This includes one Bluecrest health screening, a Vitality Healthcheck or a Fitness Assessment.





2

Get healthier.

We give you discounts on things that can help you get healthier. We have established partnerships with some of the biggest brands that offer you rich benefits which make accessing a healthy lifestyle easier.

Get active.

We make it cheaper for you to get active and healthy through a range of partner discounts. Whether it's getting down to one of our partner gyms or tracking your activity with a Garmin or Polar device.

If you're on a Personal Healthcare plan, a Business Healthcare plan, a Corporate Healthcare plan or Healthcare Trust with Vitality Plus you'll be able to get 50% off monthly gym membership fees. If you're on a Corporate Healthcare plan or Healthcare Trust with Vitality Select benefits, you'll be able to get 40% off monthly gym membership fees.

Virgin Active

Up to 50% off flexible monthly gym membership fees. A joining fee will apply.

With Virgin Active, you can enjoy up to 50% off the cost of a flexible monthly gym membership at selected clubs. Each time you go to the gym you'll get five Vitality points when you swipe your membership card. You can earn up to a weekly maximum of 40 Vitality points for getting active.

Important information

Flexible individual monthly membership. Joining fees are up to £50 for all clubs other than Classic Collection clubs, where joining fees are £75. This offer does not apply to Chiswick Riverside Health and Racquet Club, which is excluded from our network.

Existing Virgin Active members can switch mid-contract but will have to pay a transfer fee.

[To find out more visit www.vitality.co.uk/rewards/partners/fitness/virgin-active/](http://www.vitality.co.uk/rewards/partners/fitness/virgin-active/)

Nuffield Health Fitness & Wellbeing Centres

Up to 50% off monthly membership fees at selected Nuffield Health gyms. A joining fee will apply.

With up to 50% off monthly gym membership fees at selected Nuffield Health gyms, you get access to on-site fitness experts, monthly educational events, state of the art equipment and an extensive class timetable.

This offer applies to selected Nuffield Health gyms - search 'Vitality membership' on www.nuffieldhealth.com for more details.

Each time you go to the gym you'll get five Vitality points when you swipe your membership card. You can earn up to a weekly maximum of 40 Vitality points for getting active.

Important information

Applies to one month contracts. Joining fees are £35.

Existing members at eligible Nuffield Health Fitness & Wellbeing Centres can switch to a Vitality discounted membership by paying a transfer fee. A £30 transfer fee will apply to members currently on a rolling month-by-month contract. A £50 transfer fee will apply to members currently on a three month or 12 month contract.

[To find out more visit www.vitality.co.uk/rewards/partners/fitness/nuffield-health/](http://www.vitality.co.uk/rewards/partners/fitness/nuffield-health/)

Each adult member on a plan can have one discounted gym membership at either Virgin Active, Nuffield Health or David Lloyd.

David Lloyd Clubs

Up to 50% off Individual Flexible Platinum membership at selected clubs. A joining fee will apply.

You can enjoy up to 50% off the cost of a monthly gym membership at selected clubs. Many of their clubs also have match-quality tennis, squash and badminton courts.

Each time you go to the gym you'll get five Vitality points when you swipe your membership card. You can earn up to a weekly maximum of 40 Vitality points for getting active.

Important information

- This offer applies to Individual Flexible Platinum membership at selected clubs. A joining fee of £60 applies.
- You will join on an initial three month membership and then rolling month-to-month membership.
- Membership fees vary between clubs.

To find out more visit www.vitality.co.uk/rewards/partners/fitness/david-lloyd/

Up to 50% off a pair of running shoes with Runners Need

We've partnered with the experts at Runners Need to give you up to 50% off a pair of running shoes and 15% off selected full priced items, excluding electronics.

Important information

- If you're on a Personal Healthcare plan, a Business Healthcare plan, a Corporate Healthcare plan or Healthcare Trust with Vitality Plus each member of your plan, including dependent children, can get 50% off one pair of running shoes per plan year, excluding delivery charges. If you're on a Corporate Healthcare plan or Healthcare Trust with Vitality Select benefits, each member of your plan, including dependent children, can get 25% off one pair of running shoes per plan year, excluding delivery charges.
- The discount will be applied to sports shoes that are full price or on sale.
- The discount only applies to sports shoes and excludes delivery charges.
- The 15% discount cannot be used in conjunction with any other offer or sale items. It can only be used on Runners Need items and not at Snow and Rock or related stores.

To find out more visit www.vitality.co.uk/rewards/partners/fitness/runners-need/



Activity tracking.

You can earn Vitality points for your workouts with a wide range of fitness devices and mobile apps (including Apple Watch, Garmin, Polar, Samsung, Fitbit and Withings). Please upload your device data regularly to make sure you receive your Vitality points in time to earn your Active Rewards.

All adults can earn three activity points for reaching 7,000 steps, five activity points for reaching 10,000 steps or eight activity points for reaching 12,500 steps per day. However, if you're aged 70 or over or have a verified Vitality Age Gap of five or more years, you can earn three activity points for reaching 5,000 steps in a day.

All adults can earn five points for working out at 60% of their age related maximum heart rate for a continuous period of 30 minutes or eight points for one hour. All adults on your plan can earn eight points for working out at 70% of their age related maximum heart rate for a continuous period of 30 minutes.

All adults can earn five points for completing 30 minutes of physical activity and burning 150 kcals at a rate of at least 300 kcal per hour, eight points for burning 300 kcals at a rate of at least 600 kcal per hour, or eight points for completing 60 minutes of physical activity and burning 300 kcals at a rate of at least 300kcal per hour.

Vitality Member app

Download the Vitality Member app for iOS (iOS 5 or above) and Android (Android 5.0 or above).

The Vitality Member app for iOS lets you connect your Apple Health account to Vitality and the Vitality Member app for Android lets you connect your Google Fit account to earn Vitality points. You can also use it to enjoy Active Rewards, view your points statement, track your Vitality Age and more.

Get 20% off selected Samsung Galaxy Watches.

There are now even more ways to stay active and healthy thanks to our partnership with Samsung.

Get 20% off selected Samsung Galaxy Watches - plus, you can now link your Samsung Health account to Vitality to earn points and rewards from your heart rate and step data.

Important information

All adult members on your plan can buy one discounted Samsung.com smartwatch each plan year. We'll only award points for data that has come from either a Samsung phone or Samsung device.

Get up to 36% off selected Fitbit devices in the range.

We've partnered with Fitbit to give you more ways to track your activity.

Fitbit offers a range of activity trackers and smartwatches and you can now get up to 36% off selected devices in the range.

Important information

All adult members on your plan can buy one discounted Fitbit device each plan year. A £6 delivery charge will apply.

Up to 40% off a Garmin activity tracking device (plus p&p)

You will get up to 40% off a variety of Garmin fitness devices to suit your sport and activity levels.

Each member aged 16 and over can purchase one discounted Garmin or Polar device, per plan year. The discount varies depending on the device you choose. Postage and packing charges will apply.

[To find out more visit www.vitality.co.uk/rewards/partners/activity-tracking/garmin/](http://www.vitality.co.uk/rewards/partners/activity-tracking/garmin/)

Up to 40% off a Polar activity tracking device

Getting healthier doesn't have to be limited to the gym. You can get up to 40% off a Polar Heart Rate Monitor, Sensor or Cycling Computer and earn Vitality points when you're doing other healthy things.

Important information

- You can receive up to 40% off one eligible Garmin or Polar device for each member aged 16 and over, per plan year. Postage and packing charges will apply.

[To find out more visit www.vitality.co.uk/rewards/partners/activity-tracking/polar/](http://www.vitality.co.uk/rewards/partners/activity-tracking/polar/)

40% off a Withings tracker (plus p&p)

When you join us, you'll get 40% off either a Withings Steel HR, Withings Steel HR Sport or Withings Pulse HR device.

Important information

- You can purchase one discounted Withings activity tracker per adult member per plan year. A charge for postage and packing will apply.
- The discount is only available on devices bought from the Withings Vitality Store.
- The discount doesn't apply to limited edition models or accessories.
- The discount doesn't apply to any other Withings wellness devices.

[To find out more visit www.vitality.co.uk/rewards/partners/activity-tracking/withings/](http://www.vitality.co.uk/rewards/partners/activity-tracking/withings/)

A six month Fiit subscription on us. Then 50% off an annual subscription.

To keep giving you new ways to stay healthy at home, we're teaming up with Fiit, a leading home workout app.

You can enjoy a six-month membership on us, by joining Fiit through Member Zone before 28 February 2022. Once the six-month membership ends, you can get 50% off an annual subscription.

Important information

To be eligible for the benefit, you must be 18 or over and covered on at least one qualifying plan.

parkrun

You can earn Vitality points every time you run or attend as a volunteer. parkrun organises free, weekly, 5km timed runs which take place all over the country. The events take place in parkland surroundings and include runners of all ages and abilities.

You'll earn points once you've registered your Vitality membership number on your parkrun profile. You can earn eight Vitality points for every parkrun you attend as a runner. What's more we'll also give you five Vitality points every time you attend as a volunteer. You can earn up to a weekly maximum of 40 Vitality points for getting active.

All adults can earn eight points for completing a 5k parkrun that count towards Active Rewards or five points for volunteering at a parkrun event that don't count towards Active Rewards.

[To find out more visit \[www.vitality.co.uk/rewards/partners/fitness/parkrun\]\(http://www.vitality.co.uk/rewards/partners/fitness/parkrun\)](http://www.vitality.co.uk/rewards/partners/fitness/parkrun)

Nike with Vitality

Great prices on the exclusive Vitality collection by Nike. We've teamed up with Nike to create an exclusive, Vitality-branded clothing and accessories range at great prices.

Important information

- The Vitality price is only available on the Vitality collection by Nike online at vitality-esc.myshopify.com/.
- A delivery charge may apply, which we will refund if the item is faulty.
- We always try to keep our complete range in stock, but items are subject to availability.

[To find out more visit \[www.vitality.co.uk/rewards/partners/fitness/nike/\]\(http://www.vitality.co.uk/rewards/partners/fitness/nike/\)](http://www.vitality.co.uk/rewards/partners/fitness/nike/)

Eat well.

A well-balanced diet is important to help you maintain a healthy lifestyle – keeping your energy high and giving you the nutrients you need for growth and repair and to help prevent diet-related illnesses. We've partnered with Waitrose & Partners to make it more rewarding for you to eat well and WW, to help you to create healthy habits.

Make delicious savings on selected Waitrose Good Health products

Get up to 25% cashback when you get active

Earn 160 Vitality activity points in a month and, as a reward, you get 25% cashback on selected Waitrose Good Health products.

	0-39	40-79	80-119	120-159	160+
% Discount	0%	10%	15%	20%	25%
Individual monthly spend cap	N/A	£100	£100	£100	£100
2+ adults monthly spend cap	N/A	£200	£200	£200	£200

Important information

- Included on all Personal Healthcare and Business Healthcare plans. Corporate Healthcare plans and Healthcare Trust schemes administered by VitalityHealth need to include Vitality Plus to be eligible for this reward.
- The total cashback is based on the monthly Vitality activity points earned in the previous month – 160 points are required for the maximum applicable cashback.
- Your healthy food spend month will run from the first day of the month to midnight on the last day of the month – e.g. January 1st- January 31st.
- Online purchases have a minimum spend of £40.
- You can save on up to a maximum of £100 of selected Waitrose Good Health products a month for single plans and £200 a month for family plans.
- You can earn cashback on all Good Health food products. All drinks in the Good Health range, with the exception of milk and milk substitutes, are excluded.
- Your healthy food discount is valid online and in-store.
- To use the benefit, you need to register for a myWaitrose card and link it to your Vitality membership.

[To find out more visit \[www.vitality.co.uk/rewards/partners/healthy-eating/waitrose\]\(http://www.vitality.co.uk/rewards/partners/healthy-eating/waitrose\)](http://www.vitality.co.uk/rewards/partners/healthy-eating/waitrose)

Get six month's subscription to WW for just £30.

Get WW Workshops + Digital six month plan for just £30. Go to at least two Wellness Workshops a month and we'll extend it for another six months – that's a total saving of more than £200 over a year*.

With access to workshops, digital tools including the WW app, you'll know exactly what it takes to achieve a healthy sustainable weight.

You'll earn 15 Vitality points each week that you go to a Wellness Workshop; 50 Vitality points for losing 5% of your start weight; 50 Vitality points for losing 10% of your start weight and another 100 Vitality points for reaching your WW goal weight. If you reach your goal weight, we'll also refund your £30 subscription payment in full.

*Based on WW standard Workshops + Digital subscription charge of £22.95 per month at January 2021.

Important information

- Please remember to take your Workshops + Digital card and Vitality membership number with you to each Wellness Workshop or you will have to pay the standard weekly workshop fee.
- At the end of six months, if you're not eligible for an extension from Vitality, you'll be charged each month at the WW Workshops + Digital rate until you cancel.
- You can earn Vitality points for losing 5% and 10% of your start weight and reaching your WW goal weight once during the lifetime of your plan.

To find out more visit www.vitality.co.uk/rewards/partners/healthy-eating/weight-watchers

Stop smoking.

If you're a smoker, giving up is one of the biggest things you can do to improve your health.

Stop smoking programme with Allen Carr's easyway to stop smoking

Giving up cigarettes is one of the best ways to improve your health, which is why we work with smoking cessation experts, Allen Carr. Join us and you can attend one Allen Carr programme, worth up to £299 at any one of over 40 centres around the country.

The stop smoking sessions last approximately 4-6 hours and are held in groups of up to 20 people. Once you've been tobacco and nicotine free for 12 months, take the Vitality Healthcheck and you could earn 300 Vitality points.

Important information

- You need to give at least seven days' notice if you wish to cancel your booking.
- If you book and fail to attend on more than one occasion, you won't be able to attend another programme through Vitality.
- This benefit can only be used once for each adult, whether under this plan or any other plan with Vitality.

To find out more visit www.vitality.co.uk/rewards/partners/health-checks/allen-carr/

Mindfulness, wellbeing and relaxation.

Good mental health can bring big benefits to your physical health and quality of life. That's why we've introduced Vitality points for mindfulness activities with Headspace.

Vitality Healthy Mind**How it works:**

- Complete 10 or more minutes of mindful activity to earn two Vitality points a day, up to a maximum of six Vitality points a week.
- As a Vitality member, you can get a 12 month Headspace subscription on us.

Important information:

- Vitality points earned for mindful activities will contribute towards your Vitality status but they won't count towards your weekly target for Active Rewards (if you have Active Rewards included on your plan).

To find out more visit www.vitality.co.uk/rewards/partners/healthy-mind

Champneys

Having high-quality downtime is a key part of staying healthy. That's why we team up with Champneys Health Spas, pioneers of the concept of holistic wellbeing in the UK.

Treat yourself to a well-earned rest in the idyllic surroundings of a Champneys resort with:

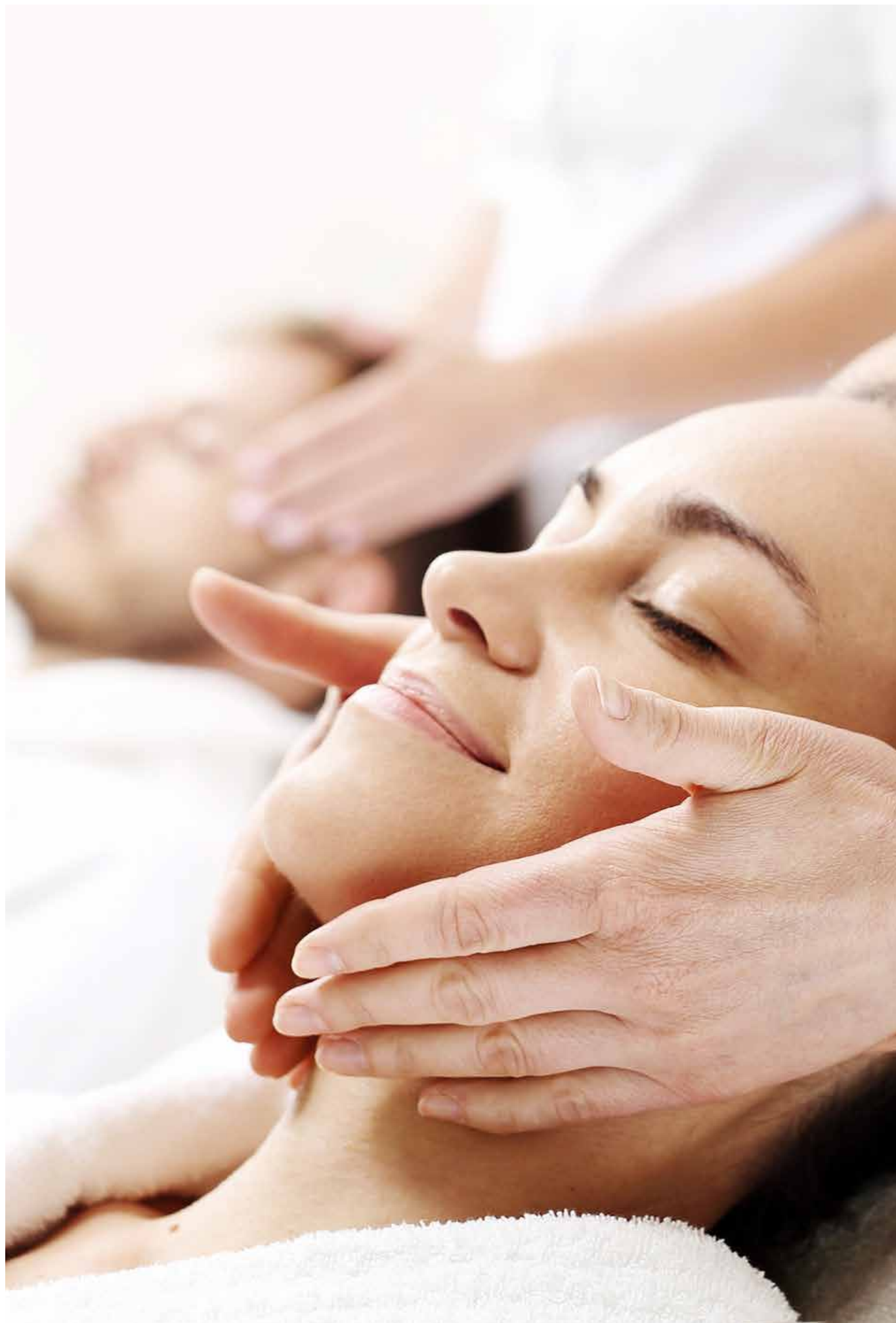
- 75% off one, two or three-night Spa Stays or Spa Days at any of four calming resorts – Springs in Leicestershire, Tring in Hertfordshire, Forest Mere in Hampshire, or Henlow in Bedfordshire.
- 75% off a one night Spa Stay at Mottram Hall in Cheshire.
- 35% off various beauty treatments, from manicures to pedicures, to the latest anti-ageing facials at Champneys six City Spas: Chichester, Enfield, Guildford, Milton Keynes, St Albans and Tunbridge Wells.
- 25% off Champneys Spa products at their Spa Resort sites including skin care, bath and body, hands and feet and Champneys sport therapy for men.

You'll find plenty to help you unwind – a refreshing welcome drink, complimentary flip-flop and robe hire, a choice of more than 20 exercise classes, gyms with all the latest equipment, a 25-metre swimming pool and more – all in an atmosphere of total peace and tranquillity. All your meals are included, too.

Important information:

- Each adult member on your plan can make a maximum of three discounted Champneys bookings each plan year. If you make a reservation and then don't go, one of your allowances will still have been used.
- The Spa Day or Spa Stay must be booked at least four weeks in advance.
- The discount on Champneys resort stays cannot be used in conjunction with other special offers or discounts including advance purchase discounts.
- This offer does not apply to Eastwell Manor.
- This offer isn't available on the following dates: 24, 25, 26 and 31 December, and 1 January.

[To find out more visit \[www.vitality.co.uk/rewards/partners/travel/champneys\]\(http://www.vitality.co.uk/rewards/partners/travel/champneys\)](http://www.vitality.co.uk/rewards/partners/travel/champneys)



3

Be rewarded.

When you do healthy things, we give you points. These count towards your Vitality status. The more points you earn, the higher your status becomes. Everyone starts at Bronze and then you can work your way up through Silver, Gold and finally Platinum.

Your Vitality status gives you something to aim for and the higher your status the bigger the rewards. It means you can see your efforts paying off. All Personal Healthcare and Business Healthcare plans include all our partners and rewards. Corporate Healthcare plans and Healthcare Trusts need to have Vitality Plus as part of their plan to benefit from some of the reward partners. You can find more information on all our partners visit vitality.co.uk/rewards/partners/

ACTIVE
REWARD**Vitality American Express® Credit Card**

The Credit Card that rewards you with a healthy cashback booster for being active. Representative 24.5% APR variable*

The Vitality American Express Credit Card rewards you with a healthy cashback booster. The more active you are, the more cashback booster you can earn, based on your monthly activity and how many eligible Vitality plans you have. You can earn up to 1% cashback from American Express, and up to 1% cashback booster with an eligible VitalityHealth plan. If you also took out an eligible VitalityLife plan, you could get an additional 1% cashback booster.

It also gives you all the benefits, reassurance and flexibility that come with one of the world's leading card providers.

How the Vitality healthy cashback booster works

Vitality activity points earned each month	Vitality cashback booster earn rate when you have one eligible Health or Life plan	Vitality cashback booster earn rate when you have both an eligible Health and Life plan
0-39	0%	0%
40-79	0.25%	0.5%
80-119	0.5%	1%
120-159	0.75%	1.5%
160+	1%	2%

Vitality cashback booster will be paid once a year, in the thirteenth month after the Vitality American Express Credit Card anniversary date. This will be paid direct to the Card Account.

Each month's cashback booster rate is based on the activity points earned two months prior. So you won't earn Vitality cashback booster until the start of the third calendar month after you activate the benefit with Vitality. You can earn Vitality cashback booster on the first £1,000 of purchases each month. You'll earn no cashback booster on purchases under £4, when your rate is 0.25%.

Get American Express cashback on purchases too

- Spend £0 to £10,000 and get 0.5% cashback on purchases.
- Spend over £10,000 and get 1% on purchases.

The more purchases you make on your Card, the more cashback you can earn. As long as you spend a minimum of £3,000 within the Cardmembership year applicable to your Card Account, you'll be eligible to receive your cashback.

Other Card benefits

- American Express Travel Accident Insurance - up to £150,000 on public transport when you buy a ticket with your Card.
- Global Assist® - providing 24/7 help when you travel outside the UK.
- Purchase and Refund Protection - covering eligible items bought using your Card.
- Fraud Guarantee - if you don't recognise a purchase, American Express will remove it from your Account immediately and investigate it for you.

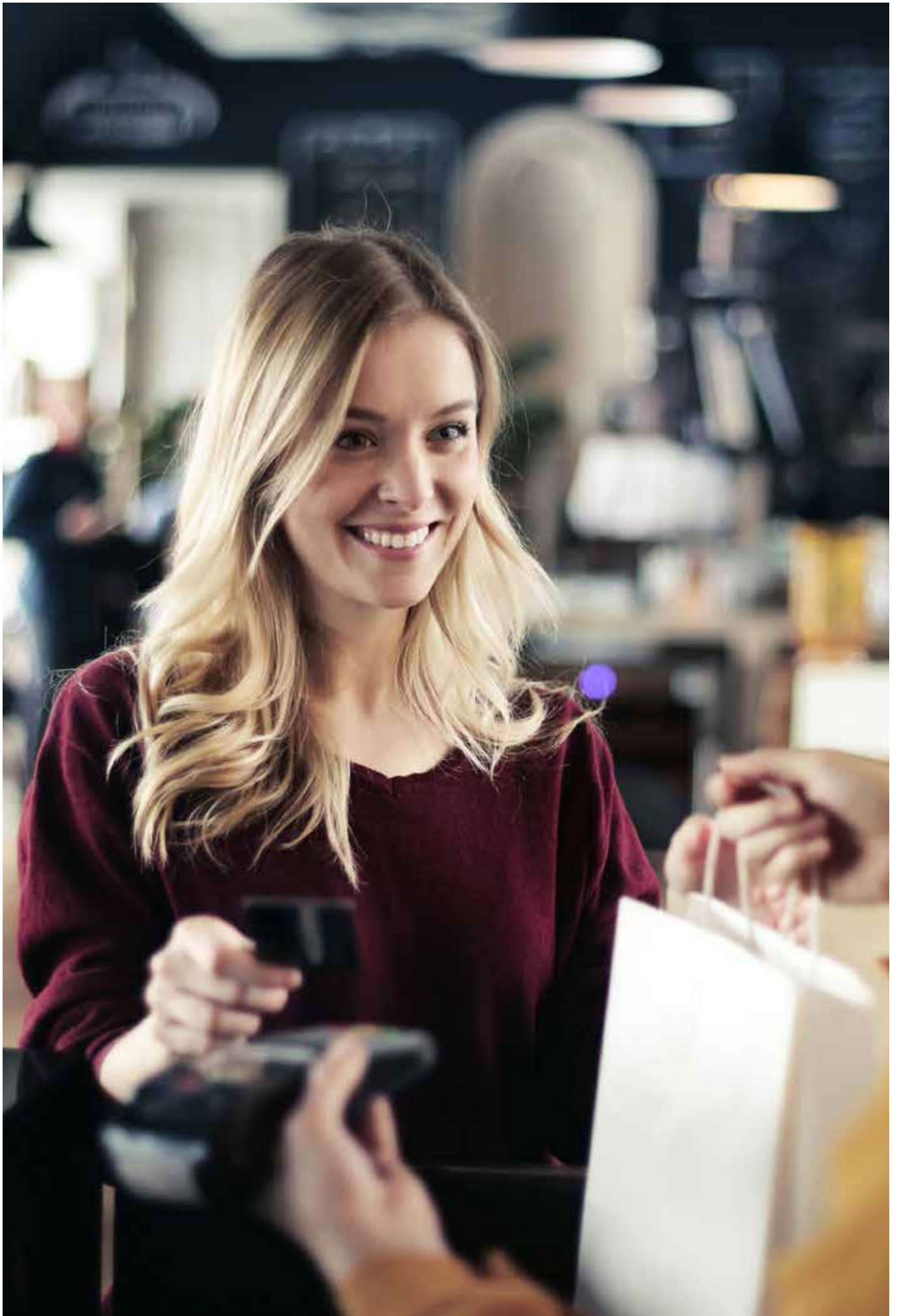
*For VitalityHealth plans only. Subject to eligibility criteria and approval. Visit vitality.co.uk/rewards/partners/ for Terms and Conditions. Representative APR is correct as at 1 September 2021. Interest rate link to the Bank of England base rate. See amex.co.uk for details. Vitality Corporate Services Limited acts as a credit broker. Exclusive lender is American Express Services Europe Limited.

- American Express Offers – from their range of retail and travel partners.
- American Express Experiences® – enjoy access to purchase tickets to some of the most in-demand music, film and theatre events in town.
- American Express Terms and Conditions apply.

Important information

- To be eligible for this benefit, you must have a permanent UK home address, a current UK bank or building society account, and no history of bad debt.
- Eligibility for this offer is subject to financial circumstances and status and you'll need to pass a credit check.
- You must be 18 years old or over, a Vitality principal member, spouse, or adult dependant on at least one eligible Vitality plan. These are:
 - a Personal Healthcare plan
 - a Business Healthcare plan
 - a Corporate Healthcare plan or Healthcare Trust with Vitality Plus
 - a VitalityLife plan with Vitality Plus and a minimum monthly premium above £45, excluding any fees for Vitality Plus
- Only one Vitality American Express Credit Card benefit can be taken out per household, by any eligible adult on the plan. Additional Supplementary Cards may be applied for but the initial Vitality member will be the main Cardmember. There is no requirement for the additional adults to be Vitality members. The addition of extra card members is managed solely by American Express.
- You will need to complete the online Health Review on the Member Zone before you can apply for the Card.
- You need to earn from 40 to 160+ Vitality activity points per month to earn the Vitality cashback booster.
- From time to time, we may change the way we award points for tracking physical activity, but you'll always be able to claim the monthly Vitality cashback booster by getting active.
- Vitality cashback will be paid once a year, in the thirteenth month after the Vitality American Express Credit Card anniversary date. This will be paid direct to the Card Account.
- VitalityHealth and VitalityLife are trading names of Vitality Corporate Services Limited who, for the purposes of this offer, is acting as a credit broker only and not a lender.
- Vitality Corporate Services Limited is authorised and regulated by the Financial Conduct Authority. Registered office at 3 More London Riverside, London SE1 2AQ.
- American Express Services Europe Limited has its registered office at Belgrave House, 76 Buckingham Palace Road, London, SW1W 9AX, United Kingdom. It is registered in England and Wales with Company Number 1833139 and is authorised and regulated by the Financial Conduct Authority
- Further Vitality terms and conditions apply.
- The Vitality American Express Credit Card is subject to American Express Terms and Conditions.

[To find out more visit vitality.co.uk/rewards/partners/active-rewards/](https://vitality.co.uk/rewards/partners/active-rewards/)



ACTIVE
REWARD**Get active with Apple Watch**

Get Apple Watch Series 7 or Apple Watch SE from £0 upfront until 14 February 2022, and pay nothing more if you stay active with Vitality.

You can get a selected Apple Watch Series 7 or Apple Watch SE from £0 initial upfront payment until 14 February 2022. Limited time only. Offer ends 14 February 2022. You will need to have activated an eligible plan, applied for the Apple Watch on Member Zone and been accepted for a loan by the Lender (etika Finance UK Ltd) before the offer expiry date (23.59 on 14 February 2022). From 15 February 2022, the initial upfront payment for Apple Watch Series 7 will be from £27, and the initial upfront payment for Apple Watch SE will be from £15. Any monthly payment you make will depend on your level of activity in the previous month. You'll need to agree to a 0% APR consumer credit agreement and set up a variable Direct Debit for 36 months.

Get active

Download the Vitality Member App to your iPhone (Apple Watch Series 7 requires iPhone 6s or later with iOS 15 or later. Apple Watch SE requires iPhone 6s or later with iOS 14 or later). Then track your activity with your new Apple Watch to earn Vitality activity points.

Get rewarded

Your monthly payment will depend on how many Vitality activity points you earn each month and will be between £0 and £9.50 for Apple Watch Series 7 and between £0 and £6.50 for Apple Watch SE.

How it works

Apple Watch Series 7 starts at £369. As part of our limited time offer, the initial upfront payment will be from £0 until 14 February 2022. From 15 February 2022, the initial upfront payment will be from £27. You'll then make 36 monthly payments of between £0 and £9.50.

The upfront payments will vary depending on the model you choose, but the monthly payments are still between £0 and £9.50 for the Series 7.

To fully fund the balance of your Apple Watch, earn 160 Vitality activity points every month and stay with us for the entire purchase period. Here's how many activity points you'll need:

Apple Watch Series 7					
Activity points earned in a month	0-39	40-79	80-119	120-159	160+
Vitality contribution	£0	£2.50	£5	£7.50	£9.50
Monthly Direct Debit payment	£9.50	£7	£4.50	£2	£0

Apple Watch SE starts at £249. As part of our limited time offer, the initial upfront payment will be from £0 until 14 February 2022. From 15 February 2022, the initial upfront payment will be from £15. You'll then make 36 monthly payments of between £0 and £6.50.

The upfront payment will vary depending on the model you choose, but the monthly payments are still between £0 and £6.50 for Apple Watch SE.

To fully fund the balance of your Apple Watch, earn 160 Vitality activity points every month and stay with us for the entire purchase period. Here's how many activity points you'll need:

Apple Watch SE					
Activity points earned in a month	0-39	40-79	80-119	120-159	160+
Vitality contribution	£0	£2	£3.50	£5	£6.50
Monthly Direct Debit payment	£6.50	£4.50	£3.00	£1.50	£0

Important information

- To be eligible for this reward you need to be covered on a VitalityHealth Personal Healthcare plan, Business Healthcare plan, or Corporate Healthcare plan or Healthcare Trust with Vitality Plus.
- Upfront payments and monthly contributions differ for members who have previously taken out the Apple Watch offer with Vitality.
- This offer applies to selected Apple Watch Series 7 and Apple Watch SE models only. Apple Watch Hermes, Apple Watch Edition, and Stainless Steel, Titanium and Ceramic cases are excluded from this. Prices and models are subject to change.
- You need to pass a credit check and make an initial upfront payment which will vary depending on the model you choose. The maximum RRP of Apple Watch Series 7 under this offer is £499. The maximum RRP of Apple Watch SE under this offer is £329.
- You need to agree to an online consumer credit agreement (0% APR) with the lender and pay between £0 and £9.50 a month for Apple Watch Series 7 or between £0 and £6.50 a month for Apple Watch SE by variable Direct Debit for 36 months based on the Vitality activity points you earn in the previous month. You must complete and enter into the credit agreement for yourself, not on behalf of anybody else, and use your own bank account details.
- Wireless service plan required for cellular service with Apple Watch Series 7 GPS + Cellular or Apple Watch SE GPS + Cellular. Apple Watch and iPhone service provider must be the same. At time of going to press, currently participating providers are EE, O2 and Vodafone. Not all service providers support business accounts; check with your employer and service provider. Roaming is not available outside your network coverage area. Contact your service provider for more details. See www.apple.com/uk/watch/cellular for participating network provider and eligibility.
- The reward is limited to one Vitality member aged 18 or over per household and it's not available to members living in the Channel Islands.
- If you are unable to maintain your payments the lender reserves the right to cancel your credit agreement. If you cancel your Vitality plan and have not completed your payments under the credit agreement, your credit agreement with the lender will continue under the terms of that agreement.
- VitalityHealth is a trading name of Vitality Corporate Services Limited, who for the purposes of this offer is acting as a credit broker only and not a lender. etika Finance UK Ltd is the exclusive lender. Vitality Corporate Services Limited, registered in England and Wales (registered office: 3 More London Riverside, London, SE1 2AQ) under company no. 05933141 and authorised and regulated by the Financial Conduct Authority (firm reference no: 461107). etika (a trading name of etika Finance UK Ltd) is a company registered in England and Wales 07440512 and authorised and regulated by the Financial Conduct Authority, (firm reference no: 697658). Registered office: No.1 Spinningfields, Quay Street, Manchester, M3 3JE.

To find out more visit [vitality.co.uk/rewards/partners/active-rewards/apple-watch](https://www.vitality.co.uk/rewards/partners/active-rewards/apple-watch)

ACTIVE
REWARD**ODEON and Vue cinema vouchers**

Going to the movies is a great way to unwind. That's why we partner with ODEON and Vue, two of the UK's leading cinema chains.

How it works:

- Track your activity and earn 48 Vitality activity points in a calendar month. Each eligible adult will receive a maximum of one ticket every month. The cinema code will be valid until the end of the following month.
- Then log in to Member Zone or the Vitality Member app on the following Monday to generate your cinema ticket code.
- Enter your ticket code on the eligible cinema's website when booking your tickets.
- Collect your tickets at the cinema - and enjoy the film.

Important information

- ODEON and Vue are included on all Personal Healthcare and Business Healthcare plans. Corporate Healthcare plans and Healthcare Trusts need to include Vitality Plus to be eligible for this reward.
- ODEON: Codes are valid at all ODEON cinemas open in the UK (including ODEON Luxe cinemas), except BFI IMAX and ODEON Luxe & Dine cinemas. At ODEON Luxe Leicester Square, codes cannot be used for screen 1, codes are valid for screens 2-5 only. Codes are not valid on ODEON Event Cinema, premieres, special events or screenings. An upgrade fee is payable for the Dolby Cinema, 3D, IMAX screens, iSense, Gallery, and premium seats. 3D glasses will also incur an additional cost.
- Vue: Codes are not valid for Premieres, Event Cinema, alternative content and special screenings. Codes are valid for Mini Morning screenings. Upgrades for all screenings at Vue Leicester Square, 3D, Xtreme, IMAX and VIP and Recliner seats are available for an additional cost. Upgrades can be booked online or at the cinema. 3D glasses will also incur an additional cost.
- If you have children under 18 on your plan, each adult will need to earn 48 activity points a month to unlock child cinema tickets. Children 18 years or over will need to earn their own points for their cinema ticket.
- The cinema ticket code cannot be sold or gifted to third parties by a member.

To find out more visit www.vitality.co.uk/rewards/partners/active-rewards/cinema

ACTIVE
REWARD**Rakuten**

Stay active and enjoy a weekly movie with Rakuten TV.

How it works:

- Sign up to Rakuten TV via Member Zone.
- Track your activity and earn 12 Vitality activity points a week.
- We'll send you your movie voucher via the Vitality Member app to enjoy every week.

Important information

- If you achieve 12 Vitality points for getting active, you can get rewarded with one on-demand movie rental voucher per family each week.
- You will need to complete your Health Review in Member Zone before you can sign up to Rakuten TV.
- If you've earned a Rakuten TV on demand movie rental voucher, your code will appear in the Vitality Member app on Thursday in the following week.

- Your movie rental voucher will be valid for seven (7) days. The expiry date is on your voucher.
- Once you've redeemed your voucher, you'll have 48 hours to watch your movie rental.
- Only you can use your Rakuten TV movie rental voucher. We will consider any code transfer to be fraud. We may decline to reward you with any further Rakuten TV voucher codes as a result of any fraud.
- Rakuten TV will share details of any voucher codes you have redeemed with Vitality. This will not include information on which films you watch.

**ACTIVE
REWARD**

Caffè Nero

Stay active and be rewarded at Caffè Nero

Coffee, tea or hot chocolate lover? Just by tracking your steps, you could earn a Caffè Nero drink on us every week.

All you need to do is earn 12 activity points a week, which means going for a lunchtime walk or getting off a stop early on your commute. If you hit your weekly points target, a voucher will appear in your linked Caffè Nero account the following week on Thursday.

You can also get 25% off selected food purchases at Caffè Nero once you've earned your 12 activity points.

If you're on a Corporate Healthcare plan or Healthcare Trust with Vitality Select benefits, you'll earn 50% off a handcrafted drink at Caffè Nero each week that you earn 12 Vitality activity points. If you hit your weekly points target, a voucher will appear in your linked Caffè Nero account the following week on Thursday.

Important information

Exclusions apply to food purchases. The discount on food purchases doesn't apply to Corporate Healthcare plans or Healthcare Trusts without Vitality Plus. For a full list of exclusions visit www.vitality.co.uk/rewards/partners/active-rewards/caffe-nero/

Members will need to download the Caffè Nero app and link it to Vitality.



ACTIVE
REWARD**Amazon Prime**

Stay active and get an annual Prime membership worth £79 on us, to enjoy fast delivery, movies, music and more:

- Unlimited streaming of thousands of films and TV shows with Prime Video
- Unlimited access to a growing selection of over two million songs with Prime Music
- Early access to Lightning Deals on Amazon.co.uk with Prime Early Access
- Secure unlimited photo storage with Prime Photos
- The ability to share selected Prime benefits with other members of the household with Amazon Household
- Unlimited reading on any device including thousands of books, magazines and more with Prime Reading.

How to get rewarded:

- Complete your online Health Review
- Link a compatible activity tracker to your Vitality account
- Earn 160 Vitality activity points a month to get the next month's Prime membership on us.
- You'll need to agree to a consumer credit agreement (0% APR) and set up a variable Direct Debit for 12 months.
- If you earn fewer than 160 activity points one month, you'll pay a £7.90 membership fee the next month - but the points you've earned will roll over. In months when you earn more than 160 activity points, any extra points also roll over.





Important information

- To be eligible for this reward you need to be covered on a Personal Healthcare plan, Business Healthcare plan, or Corporate Healthcare plan or Healthcare Trust with Vitality Plus.
- This benefit applies to an annual Amazon Prime membership for personal accounts only. It does not apply to business accounts, Prime Student or any other discounted prime membership.
- The reward is limited to one Vitality member aged 18 and over per household.
- You'll need to pass a credit check and agree to a 12-month online consumer credit agreement (0% APR) with the lender. You'll pay £0 or £7.90 per month over ten months by variable Direct Debit, based on the Vitality activity points you earn in the previous month.
- If you are unable to maintain your payments the lender reserves the right to cancel your credit agreement. If you cancel your Vitality plan and have not completed your payments under the credit agreement, your credit agreement with the lender will continue under the terms of that agreement.
- VitalityHealth is a trading name of Vitality Corporate Services Limited, who for the purposes of this offer is acting as a credit broker only and not a lender. etika is a suite of lending products offered by etika Finance UK Ltd, the exclusive lender. Vitality Corporate Services Limited is authorised and regulated by the Financial Conduct Authority. etika (a trading name of etika Finance UK Ltd) is a company registered in England and Wales 07440512 and authorised and regulated by the Financial Conduct Authority, registration number: 697658. Company address: WeWork, No.1 Spinningfields, Quay Street, Manchester, M3 3JE.
- Amazon.co.uk is not a sponsor of this promotion. Amazon Prime membership codes must be redeemed on amazon.co.uk/redeemprime by accepting the Amazon Prime Terms and providing a valid payment method. Your Amazon Prime membership automatically renews for the fee in effect at the time of renewal. You may cancel at any time by visiting Your Account and adjusting your membership settings. Amazon Prime membership codes cannot be transferred or resold and are not refundable. Amazon delivery restrictions apply. For more information about Amazon Prime, visit amazon.co.uk/prime. All Amazon[®], [™] & © are IP of Amazon.com, Inc. or its affiliates.

To find out more visit www.vitality.co.uk/rewards/partners/active-rewards/amazon-prime

Travel.

Luxury hotel discount with Mr & Mrs Smith

Because high-quality rest and recuperation are important for your health and wellbeing, we offer up to 25% discount with our luxury hotel partners, Mr & Mrs Smith.

On top of your discount, you'll get exclusive free extras when you check in, such as a bottle of champagne, spa treatments and picnic lunches. And if you find your hotel stays cheaper elsewhere for the same terms, they'll match the price and give you a £50 voucher too.

	Bronze	Silver	Gold	Platinum
25% discount applies to first	£200	£300	£400	£500
Maximum discount per booking	£50	£75	£100	£125

If there are two or more adults on the plan the above limits are doubled.

Important information

- Included on all Personal Healthcare and Business Healthcare plans. For Corporate Healthcare plans and Healthcare Trusts, Vitality Plus must be included to be eligible for this reward.
- Depending on your hotel, you may need to pay the full amount or a deposit at the time of your booking and then the full remaining balance on check out.
- Visit the dedicated Vitality Mr & Mrs Smith booking portal via vitality.co.uk/member then select your hotel. At checkout your discount will be automatically applied based on your current Vitality status and your total spend. If there are two or more adults on the plan, only one adult needs to be named on the booking to receive the discount.
- You can make a maximum of two bookings each plan year. Booking must be 32 days apart.

To find out more visit www.vitality.co.uk/rewards/partners/travel/mr-and-mrs-smith



Get up to 20% off hotel bookings with Expedia

Enjoy savings on hotel stays.

Get up to 20% off hotel bookings, four times every plan year, by tracking your activity and earning Vitality points to boost your Vitality status. The higher your Vitality status, the better the discount, as shown below.

	Bronze	Silver	Gold	Platinum
Discount	10%	12%	15%	20%
Bookings per plan year	4	4	4	4

If you're on a Corporate Healthcare plan or Healthcare Trust with Vitality Select benefits you'll get 10% off at least one booking each plan year. By getting healthy and tracking your activity to earn points, you'll have the chance to save more often.

	Bronze	Silver	Gold	Platinum
Discount	10%	10%	10%	10%
Bookings per plan year	1	2	3	4

Important information:

- Applies to prepaid hotel bookings on the net price only, excluding taxes and other charges.
- Applies to the first £750 of each booking.
- Minimum spend is £10, excluding any taxes, fees or additional costs.
- Hotels must be booked via the Vitality Member Zone.
- Vitality discount can be used on top of other discounts, such as the Expedia loyalty programme.
- Applies to only one room per booking but there's no limit on the number of nights booked, or the number of guests.

Family.

Making it fun, easy and rewarding for your children to learn healthy lifelong habits.

Vitality Healthy Kids

We've teamed up with one of the world's most iconic family brands to help your kids get more active and form lifelong healthy habits.

Our Healthy Kids area contains loads of fun activities and child-focused recipes, inspired by some of Disney's most famous stars. As a Vitality member, you'll be able to earn rewards for healthy activity, with discounts at Disney Store.

You can get up to 40% off a Disney themed Garmin Kids activity tracker. Designed especially for children, Garmin's swim-friendly kids' activity trackers are colourful enough for children to love wearing them and tough enough to make it through playtime. With a 1+ year battery life, there's also no need to recharge.

Important information

- Disney Store discounts will be between 10% and 25% depending on your Vitality status, and monthly and annual limits will apply. Each plan is eligible for a maximum of one discount voucher to spend at the Disney Store in any calendar month.
- Garmin Kids' devices are included on all VitalityHealth plans as long as you have at least one child aged between four and 17 covered on your plan. A charge for postage and packing will apply.

[To find out more visit \[www.vitality.co.uk/family/kids\]\(http://www.vitality.co.uk/family/kids\)](http://www.vitality.co.uk/family/kids)





How you can earn Vitality points and increase your Vitality status.

Submit evidence of check-ups and prevention activity on the Member Zone. We'll award Vitality points for activities that have taken place in the UK with a registered healthcare professional.

*If you are not within the age group and you have been clinically approved by your GP for tests, we need proof from your GP before we can award Vitality points.

Vitality activity	Eligibility	Points per event	Maximum activity frequency	Maximum points per Member per year	Where to earn these points
1 UNDERSTAND YOUR HEALTH					
Online Health Review	All adults	100	1 per year	100	Visit the 'My Vitality' section of the Member Zone
Online non-smoker's declaration					
Non-smoker's declaration as part of a Vitality Healthcheck		200		200	Visit the 'Partners and Rewards' section of the Member Zone and click on Vitality Healthcheck to find out more
2 GET ACTIVE					
Workout - gym session at Virgin Active, Nuffield Health or David Lloyd Clubs	All adults	5 per workout	8 points per day from any exercise activity Maximum 40 points per week	2,080	At participating partner gyms
Workout - Fiit	All adults	5 points for a continuous 20-minute workout			Visit the 'Partners and Rewards' section of the Member Zone to find out more
Daily steps	Adults 18-69 years inclusive	3 points for reaching 7,000; 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			
Daily steps	All adults 70+	3 points for reaching 5,000; 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			
Heart rate device	All adults	Working out at 60% of your age related maximum heart rate: 5 points for 30 minutes, 8 points for 1 hour. Working out at 70% of your age related maximum heart rate: 8 points for 30 minutes			
Calorie based device (only on selected Garmin devices; Forerunner, Edge and Swim)		30 minutes physical activity: 150kcal burned (at a rate of at least 300kcal/hr) 5 points; 300kcal burned (at a rate of at least 600kcal/hr) 8 points; 60 minutes physical activity with 300kcal burned (at a rate of at least 300kcal/hr) 8 points			
parkrun event		8 points for running/ walking 5km; 5 points for volunteering at the event			
3 MENTAL WELLBEING					
Mindful activity	All adults	2 points per day	Maximum 6 points per week	312	Visit the 'Partners and Rewards' section of the Member Zone to find out more
4 EAT WELL					
WW	All adults	15 points for attending a Wellness Workshop	Maximum 15 points per week	780	Visit the Member Zone to find out more
		50 points for losing 5% of start weight	Once during the lifetime of your plan	50	
		50 points for losing 10% of start weight			
		100 points for reaching goal weight	Once during the lifetime of your plan	100	

Vitality activity	Eligibility	Points per event	Maximum activity frequency	Maximum points per Member per year	Where to earn these points
5 MONITORING YOUR PROGRESS					
Body composition (measurement)	All adults	Points for measurements in the green zone will also be automatically awarded in the following plan year.	1 per year	600	You can earn Vitality points for having these checks with any of our health screening, Vitality Healthcheck or fitness assessment providers. Visit the relevant pages in the 'Partners and Rewards' section of the Member Zone to find out.
Body composition (green zone)	All adults with BMI 18.5-24.9 Or BMI with waist circumference: Male: 25.0-29.9 with waist circumference of <94cm Female: 25.0-29.9 with waist circumference of <80cm				
Fitness (measurement)	All adults				
Fitness (green zone)	All adults in 'above average' zone or better				
Blood pressure (measurement)	All adults				
Blood pressure (green zone)	All adults with blood pressure 120/80 or better on both systolic and diastolic				
Total Cholesterol/HDL ratio (measurement)	All adults 18 to 69 years inclusive				
Total Cholesterol/HDL ratio (green zone)	Male: <4.5 Female: <4.0				
Random blood glucose (measurement)	All adults				
Random blood glucose (green zone)	All adults scoring <7.8mmol/l				
6 CHECK-UPS AND PREVENTION					
Completed vaccinations up to 12 months	Children 0-14 months inclusive	100	1 set per lifetime	100	Any GP
Completed vaccinations up to 24 months	Children 12-26 months inclusive				
Completed vaccinations up to 4 years	Children 36-50 months inclusive				
Completed vaccinations up to 18 years	Children/young adults 10-25 years inclusive				
Pneumococcal vaccination	Adults 65+				
Vaccination for Zoster	All adults 60+				
Abdominal aortic ultrasound	Males 65+		Any GP or our screening providers		
Flu Vaccine	All adults 50+ or as clinically appropriate*	50 per year	1 per year	Any GP	
Eye test	All adults		1 test every 2 plan years is required	Any optometrist or ophthalmologist	
Dental check-up	All adults and children		1 of each per year	Any dentist	
Mammogram	Females 45+ or as clinically appropriate*	50	1 every 3 years	50	NHS screening centres or our screening partner
Cervical Screening	Females 25+ or as clinically appropriate up to 65 years*	50 per year			Any GP
Faecal occult blood testing/Faecal Immunochemical Testing (FOBT/FIT)	All adults 60+	50	1 test every 2 plan years	1 test every 2 plan years	

Find out more.

For more information on our healthcare plans please see the Guide to Personal Healthcare or Business Healthcare brochure. For more information on Corporate Healthcare please see the Guide to Corporate Healthcare or Healthcare Trusts brochure.

Details correct as of November 2021.

VitalityHealth is a trading name of Vitality Corporate Services Limited. Registered number 05933141. Registered in England and Wales. Registered office at 3 More London Riverside, London, SE1 2AQ. Vitality Corporate Services Limited is authorised and regulated by the Financial Conduct Authority. Trust administration business is handled by Vitality Corporate Services Limited and this activity is not regulated by the Financial Conduct Authority.

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