

Sharing the benefits
of healthy living

Vitality

Getting started with Vitality.

Three simple steps to help you make the most of your Vitality Plan.

1. Register on the Member Zone



Go to members.vitality.co.uk
and click **Register**.



Enter your Vitality membership number
you will find this on your plan documents.

2. Complete your online Health Review



Earn 100 points for completing your online health review and you'll find out your Vitality Age.



BODY MASS INDEX



WEEKLY
EXERCISING



DAILY EATING
HABITS



MENTAL HEALTH



CHOLESTEROL



DAILY
ALCOHOL



SMOKING



BLOOD PRESSURE

3. Unlock your discounts and rewards



Earn points to unlock discounts with our partners and to take advantage of our Active Rewards.



Download the
Vitality member app.



Link your activity tracker or
phone to the Vitality app.



Stay active and earn points to
unlock discounts and rewards.

Vitality Status

By doing things like staying active, tracking your health and buying healthy food, 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.

| | | | |
|----------------------------------|----------------------------------|--------------------------------|------------------------------------|
| 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 |

Rewards and discounts you have access to.



Health checks



Make a change



Move more



Active rewards



Status rewards



Stress less



Eat better



Family



The terms and conditions for our partners can be viewed on the Member Zone at members.vitality.co.uk
All information correct as at January 2022.

Find out more.

If you would like to know more about our discounts and rewards visit our website, vitality.co.uk/life

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