

Sharing the benefits
of healthy living



VitalityLife Discounts and Rewards



Understand your health

Vitality Healthcheck



Bluecrest



Get active

Polar



Garmin



Samsung



Fitbit



Withings



Fiit



Runners Need



parkrun



Nike with Vitality



Nuffield Health, PureGym and Virgin Active



Peloton



Specialized



Eat well

Waitrose & Partners



WeightWatchers



Stop smoking

Allen Carr's Easyway



Family

Garmin Kids



Mindfulness, wellbeing and relaxation

Champneys



Headspace



Active Rewards

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Apple Watch



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ODEON and Vue



Rakuten TV



Caffè Nero



Mindful Chef



Travel

Expedia



Mr & Mrs Smith



Care support

SuperCarers



Vitality partners and rewards

Understand your health

We help you to get a better picture of your health with discounts on health checks and health screens



Vitality Healthcheck

For only £12.50 you can get a 30 minute Vitality Healthcheck to measure your blood pressure; Body Mass Index; glucose; and cholesterol levels.

For members with a Vitality Plus plan, the principal member is eligible for a health check through the Bluecrest Network for £0 in their first plan year. Any further health checks on the plan will be charged at £12.50 per adult.



Bluecrest screening

Receive between 50-81% off Bluecrest health screens depending on your Vitality Age gap.

Get active

We make getting healthy fun

POLAR **GARMIN** **WITHINGS**

Up to 40% off selected devices with Polar, Garmin or Withings. (P+P applies).¹



Up to 36% off a range of Fitbit devices (A £6 delivery charge will apply).²

SAMSUNG

Get up to 30% off a Samsung Galaxy Watch. Plus, by linking your watch to the Vitality Member app through Samsung Health, you can earn Vitality points and rewards.³

Fiit

Get a 12-month Fiit membership on us when you sign up through Member Zone before 31 July 2023.⁴



Up to 50% off a pair of running shoes. Maximum of one pair per member per plan year. As well as 15% off full priced items, excluding electronics.⁵



Earn a maximum of 8 points each time you run and 5 points each time you volunteer. You're able to earn a maximum of 40 points per week.



Great prices on the exclusive Vitality collection by Nike.⁶



Up to 50% off monthly memberships at Nuffield Health Fitness & Wellbeing Centres, PureGym gyms or Virgin Active gyms, with the exception of Virgin Active Chiswick Riverside gym. Joining fee will apply.^{7*}

Members with a Vitality Select plan will require a minimum premium of £25 and over, and are eligible for a 40% discount off monthly memberships.

Members with a Vitality Plus plan are eligible for a 50% discount off monthly memberships.



Get cashback on a Peloton Bike, Bike+ or Tread when you get active with Vitality.^{8*}

SPECIALIZED

Up to 25% off selected bikes or Turbo e-Bikes from Specialized when you reach Silver Vitality status and 25% off selected accessories when bought at the same time.⁹

Eat well



£30 for a six month WeightWatchers Premium membership.



Up to 25% cashback on selected Waitrose & Partners Good Health products.¹⁰

Stop smoking

One of the best ways to improve your health is to give up cigarettes



Allen Carr's Easyway to Stop Smoking programme (retail price up to £329).

Family

We make it fun, easy and rewarding for your children to learn healthy lifelong habits¹¹

GARMIN

Garmin Kids: 40% off a Disney themed Garmin Kids activity tracker.

Mindfulness, wellbeing and relaxation


Pamper yourself with discounted Champneys spa breaks

Up to a total of three trips a year for a maximum of three nights at a time.¹²



	Discount
Champneys Health Spas	75% off
Champneys Town and City Spas	35% off
Champneys spa products	25% off

Earn Vitality points for mindfulness and relaxation

-  **headspace** Earn two Vitality points a day for 10 minutes (or more) of mindful activity, up to a maximum of six points a week using Headspace.

As a Vitality member, you can get a 12 month Headspace subscription on us.¹³

Active Rewards

Get active and be rewarded



Vitality American Express® Credit Card

Get the Credit Card that rewards you for being active with a healthy cashback booster. Representative 40.0% APR variable.¹⁴



Get Apple Watch Series 8 from £39 upfront or Apple Watch SE from £7 upfront and pay nothing more if you stay active with Vitality.

Apple Watch terms and conditions and a credit check apply. (You could pay between £0 - £9.50 a month - depending on your activity. You'll need to agree to a 36 month, 0% APR consumer credit agreement with etika Finance UK Ltd).¹⁵



Get up to six months access to Apple Fitness+ when you get a new Apple Watch Series 8 or Apple Watch SE via Member Zone.

That's three months on Apple and three months on us. Offer ends 30 September 2023. Terms and conditions and eligibility rules apply. vitality.co.uk/campaigns/terms/apple-fitness-plus-terms-conditions/



Earn a cinema ticket at ODEON or Vue. Earn 48 activity points per month in order to unlock your cinema ticket.¹⁶



Rakuten TV - Enjoy the latest movies and TV shows with Rakuten TV. Earn 12 Vitality points in a week and receive one movie code per week.¹⁷



Vitality Plus - you can get rewarded with a handcrafted Caffè Nero drink or a delicious innocent smoothie each week on us when you earn 12 activity points.

Vitality Select - you can get 50% off a handcrafted Caffè Nero drink or a delicious innocent smoothie each week when you earn 12 activity points.¹⁸



Stay active and get an annual Amazon Prime membership worth £95 on us, to enjoy fast delivery, movies, music and more.

0% APR, Credit agreement for 12 months. Subject to Terms and Conditions and a credit check.¹⁹



Make healthy eating easy with Mindful Chef.

Vitality Plus - get £10 off Mindful Chef every week when you earn 12 activity points.

Vitality Select - get £5 off Mindful Chef every week when you earn 12 activity points.²⁰

Travel



Get away from it all with up to 20% off hotels with Expedia.²¹

Status	Discount Vitality Select	Bookings per year	Discount Vitality Plus	Bookings per year
Bronze	10%	1	10%	4
Silver	10%	2	12%	4
Gold	10%	3	15%	4
Platinum	10%	4	20%	4

Excludes Taxes



THE TRAVEL CLUB FOR HOTEL LOVERS

Up to 25% discount with Mr & Mrs Smith.

Maximum of two bookings per plan year.

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



Care support

Comprehensive care guidance and service with SuperCarers.

You and your immediate family (also) can have access to CareSolved, the free care advice and support service provided by SuperCarers. You'll also receive a discount when you book ongoing care.

Making the most of Vitality

See how Tina saved herself over £300 in a year, as a member on Silver status, just by engaging with Vitality.

Bronze

Silver

Gold

Platinum



50% off a pair of sports shoes from Runners Need

Based on a pair of shoes RRP £90.

Saved: £45



Vue cinema

Based on four visits to Vue Westfield (Shepherd's Bush) at £14.99 per adult 2D cinema ticket on a weekday evening.

Saved: £59



A handcrafted drink from Caffè Nero

Based on Tina taking up the offer every other week and an average drink costing £2.25.

Saved: £59



75% off Champneys health spa overnight stay

Spa stay in a single room at Forest Mere resort.

Saved: £183

Total saved: £346*

*Vitality Plus monthly fee and gym joining fees deducted.

Prices and discounts correct as of March 2023.

Terms and conditions: Prices and discounts are correct as at March 2023. Further terms and conditions apply.

- Activity tracking devices:** Up to 40% off one selected Polar or Garmin activity tracker per member aged 16 and over each plan year. Each adult member can also get up to 40% off one Withings device. Postage and packaging charges may apply.
- Fitbit:** All adult members on your plan can buy one discounted Fitbit device each plan year. A £6 delivery charge will apply.
- Samsung:** 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.
- Fiit:** To be eligible for this benefit, you must be aged 18 or over and covered on at least one qualifying plan.
- Runners Need:** 15% discount on any full priced items doesn't include electronics and must be used separately up to 50% discount on one pair of sports shoes per plan year. The discount cannot be used in conjunction with any other offer or sale items.
- Nike with Vitality:** The Vitality collection by Nike is included on all VitalityLife plans. A delivery charge may apply, which we will refund if the item is faulty.
- Nuffield Health, PureGym and Virgin Active:** This offer applies to Nuffield Health Fitness & Wellbeing Centres, PureGym gyms and Virgin Active gyms, with the exception of Virgin Active Chiswick Riverside gym. Joining fee will apply. Available on certain gym membership packages only. See vitality.co.uk/rewards/partners/ for details of all eligible gyms.
- Peloton:** Available for members with Vitality Plus. An All-Access Peloton Membership, which is £39 per month is required. Members can earn up to £630 cashback on the Bike or Bike+ or up to £1026 cashback on the Tread over 36 months, based on the number of Peloton Active Days completed each month. A Peloton Active Day is achieved once you have completed a 20 minute continuous workout. Members must purchase Peloton hardware via Member Zone. One Peloton benefit available per family per lifetime of the plan. Peloton Tread is not available for members in Northern Ireland.
*Each adult member on a plan can have one discounted gym membership at either Nuffield Health, PureGym or Virgin Active or have Peloton hardware to earn cashback.
- Specialized:** You need to be Silver Vitality status or above and can use your discount on one new bike or Turbo e-Bike every 12 months even if you have more than one Vitality plan. Applies to full priced items and online only. Excludes S-Works, Tarmac, Roubaix, Shiv, Status, Stumpjumper EVO, Turbo Levo (Carbon) or Turbo Tero bikes. Delivery is currently to mainland Great Britain, Northern Ireland and the Isle of Wight only. A delivery charge may apply. Pick up in store is not available. 25% off accessories applies when bought with the new bike, otherwise a 15% discount will apply. The e-Bike range extender battery and any CO2-based product are not included.
- Waitrose & Partners:** Minimum premium of £45 applies. Cashback is available on Waitrose Good Health products online and in-store, excluding drinks, and is based on the Vitality activity points earned in the previous month. Online purchases have a minimum spend of £40 and a delivery charge will apply. A monthly spend cap will apply. To use the benefit, you will need to register for a myWaitrose card and link it to your Vitality membership.
- Garmin Kids:** One device available for each insured child aged 4-17.P&P applies.
- Champneys:** Rooms subject to availability. Minimum four week booking required. Please note, rates shown are per person when sharing. VitalityLife members are entitled to book for a maximum of three additional guests per booking (at a guest discounted rate of 25%). Minimum four week booking period applies. This offer does not apply to Eastwell Manor. For bookings at Mottram Hall, Vitality discount only applies for a one night stay. View the Champneys website for further detail
- Headspace:** To be eligible for this offer you must be aged 18 or over and covered on a qualifying plan. This offer is subject to a limit of one (1) discounted Headspace subscription per eligible adult member per plan year.
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).
- Vitality American Express® Credit Card:** Available on Life insurance plans with Vitality Plus. To qualify for this reward, you must have Vitality Optimiser added onto your plan, for an extra £4.75 a month. Minimum monthly premiums apply for this reward. Your monthly

premium must be at least £45 a month for an individual plan, or £60 a month for a joint plan. Subject to eligibility criteria and approval. Visit vitality.co.uk/rewards/partners/ for terms and conditions. Representative APR is correct as at 8 March 2023. Interest rates 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 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.

- Apple Watch:** Applies to selected Apple Watch Series 8 and Apple Watch SE models only. Get Apple Watch Series 8 from £39 upfront or Apple Watch SE from £7 upfront. Apple Watch Series 8: RRP from £419. Apple Watch SE: RRP from £259. Initial upfront payment will vary depending on the model. A credit check and eligibility criteria apply. Only one member on each plan can have an active Apple Watch benefit at any point in time. 18 years or over only. Credit subject to status. 0% APR. Variable Direct Debit for 36 months. Monthly payments depend on the number of Vitality points you earn by tracking your activity in the previous month and could be between £0 and £9.50 for Apple Watch Series 8 and between £0 and £7 for Apple Watch SE. Apple Watch Series 8 and Apple Watch SE require iPhone 8 or later with iOS 16 or later. Excludes Channel Islands. Vitality Corporate Services Limited acts as a credit broker. Exclusive lender is etika Finance UK Ltd.
- Cinema:** Excludes alternative content, special screenings, all viewings at Vue Premieres and Event Cinema. 3D glasses and upgrades for special viewings, seating options, VueXtreme and all screenings at Vue Leicester Square are available for an additional cost. 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 cost. 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. You'll need to earn 48 activity points per month in order to unlock your monthly cinema ticket, these points can be earned at any time in the current month. There is a limit of 12 cinema tickets that can be claimed a year. For Vitality Plus members with insured children on their plan, there is a limit of 4 cinema tickets per family, per month. Every time you generate a cinema code, your ticket allowance will reduce, even if you don't use your code.
- Rakuten TV:** 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. Excludes selected Early Home Release movies.
- Caffè Nero:** With Vitality Select - Earn 12 activity points a week and get 50% off a handcrafted Caffè Nero drink or a delicious innocent smoothie each week. With Vitality Plus - Earn 12 activity points a week and get rewarded with a handcrafted Caffè Nero drink or a delicious innocent smoothie each week on us.
- Amazon Prime:** Applies to an annual Amazon Prime membership. Over 18s only. A credit check and eligibility criteria apply. Credit subject to status. 0% APR. Credit agreement for 12 months. You will pay either £0 or £7.90 per month over ten payments by variable Direct Debit based on the Vitality activity points you earn in the previous month Vitality Corporate Services Limited acts as a credit broker. Exclusive lender is etika (a trading name of etika Finance UK Ltd). Excludes Channel Islands.
- Mindful Chef:** A £30 minimum spend is needed for the discount to apply. Mindful Chef deliver to mainland Great Britain and Jersey and Guernsey. Deliveries to Jersey and Guernsey take place on Wednesday or Friday. There are currently no deliveries to other UK islands or Northern Ireland. For further information please email hello@mindfulchef.com. You have got seven days to use your discount each week. A delivery charge will apply.
- Expedia:** The member should be over the age of 18 as at the date of registration. Base for discount calculation will be capped at £750 per booking, per year. No discount will be provided beyond that. Members cannot use the Expedia benefit without agreeing to the terms and conditions. Once proceeded through to the Expedia portal, the consent cannot be revoked.

For members with a BMI of 35 or more or who are 70 years or older, only 9 Vitality points are required to earn active rewards.

VitalityLife is a trading name of Vitality Corporate Services Limited which is authorised and regulated by the Financial Conduct Authority.

Find out more. If you would like to know more about our discounts and rewards, please speak to your financial adviser or visit our website, vitality.co.uk/rewards.