

Vitality Expert sessions



Making the most of Vitality

October 2024

Making the most of Vitality

03/10/2024 @11-11.30am

An overview of what members get in their health plan. Including:

- What they're covered for
- How to self-refer for physio and mental health support
- How to make a claim
- The Vitality Programme - accessing savings and rewards



Prioritising self-care with Vitality

10/10/2024 @11-11.30am

Aligning with World Mental Health Day, this session explores:

- The importance of self-care
- What tools are available with your health plan for self-care
- Why self-care differs from person to person
- Common barriers that may prevent us prioritising self-care



Building sustainable habits with Vitality

17/10/2024 @11-11.30am

Sticking to long-term lifestyle improvements can be hard. This session can help, as it explores:

- Key factors in determining if a lifestyle change will become a habit
- Tools available in your plan to help you stick to healthy habits
- How to avoid common mistakes when trying to stop an unhealthy habit



How to make a claim with Vitality

24/10/2024 @11-11.30am

In this session new members will get help to make a claim and book healthcare with us. Including:

- Booking GP appointments
- Arranging a visit with a consultant
- Self-referrals for physiotherapy and mental health support



Making the most of Vitality for new starters

31/10/2024 @11-11.30am

A great starting point for a new Vitality member. This session covers:

- How to get yourself set up and using the Vitality Member app
- A brief look at all the different Vitality Programme partner savings and rewards
- How to book Vitality GP consultations
- How to make a claim

