

Vitality

HEALTH INSURANCE

A woman with dark hair tied back is captured in a dynamic running pose on a bridge. She is wearing a white high-tech athletic jacket with gold accents, black shorts, and black sneakers with pink and white details. The bridge has a black metal railing with vertical slats. The background is a clear, bright sky, suggesting a sunny day. The overall mood is energetic and active.

HEALTHY LIVING REWARDS
AND PARTNERS

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VITALITY REWARDS YOU FOR BEING HEALTHY.

As well as looking after you when things go wrong, we also help you lead a healthier life – meaning you don't have to claim to be able to benefit.

This guide provides a summary of our partners and how to earn Vitality points.

REWARDING YOU FOR BEING HEALTHY

WE ENCOURAGE YOU TO LEAD A HEALTHIER LIFE AND REWARD YOU FOR DOING IT

The choices you make affect your health more than you think. If you stop smoking, watch what you drink or eat, or exercise regularly, you're less likely to get ill.

UNDERSTAND YOUR HEALTH

Getting healthier starts with understanding how healthy you already are. You can do this by registering on the Member Zone and completing your online Health Review.

GETTING HEALTHIER

Once you understand how healthy you are, you can start using our partner discounts to help you with things like stopping smoking, losing weight and getting fitter.

BE REWARDED

Depending on your plan, you could get rewards like discounts on spa breaks and travel.

AND IF YOU'RE ILL, YOU'LL HAVE PEACE OF MIND THAT YOU'LL GET ACCESS TO THE BEST POSSIBLE MEDICAL CARE

If you get ill and need treatment, we'll make sure you get the best possible medical care. We give you access to the latest drugs and treatments that are covered on your plan. And when we say Full Cover, we mean it. You won't just get looked after when you're in hospital. Care starts the minute you call us. You'll speak to someone who listens, who understands and who'll do everything they can to help.

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

DISCOUNTS AND REWARDS OPTIONS

All Personal Healthcare and Business Healthcare plans include all our partners and rewards with no option to remove these benefits. For Corporate Healthcare plans and Healthcare Trusts, employers can choose to opt-out of Vitality Plus. This will remove employees' access to a number of the reward partners.

VitalityHealth and reward partners are only available for those members who are 18 years old and over. However, members over 18 can earn cinema tickets and buy sports shoes on behalf of any dependent children on the plan.

See the following table for a summary of the discounts and rewards.

HEALTH PARTNERS

PERSONAL AND
BUSINESS HEALTHCAREGROUPS WITHOUT
VITALITY PLUS

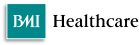
UNDERSTAND YOUR HEALTH


Vitality Healthcheck

Through our pharmacy network

Yes

Yes



Half price health screens

BMI Healthcare, Nuffield Health and Bluecrest Screening

Yes

(if approved by a GP)

Yes

(if approved by a GP)



Fitness Assessment

Virgin Active

Yes

Yes

GET HEALTHIER

GET ACTIVE



Virgin Active

Yes

Yes



Nuffield Health Fitness & Wellbeing Clubs

Yes

Yes



David Lloyd Clubs

Yes

Yes



Sweatshop

Runners Need will replace Sweatshop as a Vitality fitness partner as of 1 January 2019.

Yes

Yes



Evans Cycles

Yes

Yes



Activity Tracking

Yes

Yes



Garmin, Polar or Nokia Health

Yes

Yes



parkrun

Yes

Yes

EAT WELL



Ocado - Healthy Food

Yes

No



Weight Watchers

Yes

Yes

STOP SMOKING



Allen Carr's Easyway

Yes

Yes

MINDFULNESS, WELLBEING AND RELAXATION



Champneys

Yes

Yes



Vitality Healthy Mind

Yes

Yes

BE REWARDED

ACTIVE REWARDS



Cineworld and Vue

Yes

No



Starbucks

Yes

No



Apple Watch

Yes

No



Amazon Prime

Yes

No

TRAVEL



British Airways

Yes

No



Mr & Mrs Smith

Yes

No

FAMILY



Vitality Healthy Kids

Yes

Yes

WE HELP YOU TRACK YOUR PROGRESS

When you do healthy things, we give you points and these count towards your Vitality status.

There's a whole host of ways you can earn Vitality points. Whether it's getting off the bus one stop early and clocking up those extra steps, visiting your local Virgin Active, Nuffield gym or David Lloyd gym, taking part in a parkrun or filling your fridge with healthy food from Ocado. To see how you can earn Vitality points, see the table at the back of this guide.

	BRONZE	SILVER	GOLD	PLATINUM
Number of Vitality points needed on an individual plan	0	800	1,600	2,400
Number of Vitality points needed for 2+ adult plans	0	1,200	2,400	3,600



TO SEE YOUR POINTS ADDING UP, ALL YOU NEED TO DO IS VISIT [VITALITY.CO.UK](https://www.vitality.co.uk) AND LOG ON TO THE MEMBER ZONE. AS YOU EARN POINTS, YOUR VITALITY STATUS INCREASES. EVERYONE STARTS AT BRONZE, THEN YOU CAN WORK UP TO SILVER, GOLD AND FINALLY PLATINUM.

UNDERSTAND YOUR HEALTH

The first step to getting healthier is understanding how healthy you already are. So, we get you started with an 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.

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 to help you keep on top of your key health indicators including your blood pressure, cholesterol, glucose and body mass index (BMI).

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.

HALF-PRICE HEALTH SCREENS

For VitalityHealth Personal Healthcare plans or Business Healthcare plans, Corporate Healthcare plans or Healthcare Trusts without Vitality Plus, a 50% discount on health screens will only apply if:

- A GP (including Vitality GP) specifically recommends you have a full health screen (e.g. due to having a significantly higher risk of health conditions)
- You've had a Vitality Healthcheck and one or more of your measurements are not in the 'green zone' – members whose measurements are all in the 'green zone' may have limited benefit from a full health screen

If you're on a VitalityHealth Business Healthcare plan, Corporate Healthcare plan or Healthcare Trust with Vitality Plus, you can get 50% off without a GP referral.

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.

For information about the health screens available please visit [vitality.co.uk](https://www.vitality.co.uk).



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)

For more details on the Vitality points you can earn for health screens and fitness assessments, take a look at our points table in the back of this guide.

Important information

We will give you two discounted health screens, Vitality Healthchecks or Fitness Assessments a year, in addition to the Vitality Healthcheck. If you want to have more health screens, you will need to pay the full retail price.



GET HEALTHIER



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 progress with a Garmin or Polar device.

VIRGIN ACTIVE - 50% OFF MONTHLY GYM MEMBERSHIP FEES. A JOINING FEE WILL APPLY.

With Virgin Active you can enjoy 50% off the cost of a monthly gym membership. You might be looking to improve your cardio on the treadmill. Perhaps you love swimming and can't wait to dive in or perhaps you're looking to join the spin revolution.

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.

NUFFIELD HEALTH FITNESS & WELLBEING CLUBS - 50% OFF MONTHLY MEMBERSHIP FEES AT SELECTED NUFFIELD HEALTH GYMS. A JOINING FEE WILL APPLY.

Celebrate getting fitter and healthier for less with a Nuffield Health gym membership through Vitality.

With 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. So whether you're training for a marathon, looking for a weekly yoga class to unwind, or want to work up a sweat at a spinning class, they offer workouts to suit all ages and abilities.

This offer applies to selected Nuffield Health gyms. Search 'Vitality membership' on www.nuffieldhealth.com for details of all the eligible gyms.

Each time you go to the gym and swipe your gym membership card you'll earn five Vitality points. You can earn a maximum of 40 Vitality points per week for getting active.

Important information

- Applies to one month contracts. Joining fees are up to £30.
- Existing members at eligible Nuffield Health Fitness & Wellbeing Clubs 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.

DAVID LLOYD CLUBS - 50% OFF MONTHLY GYM MEMBERSHIP AT SELECTED CLUBS. A JOINING FEE WILL APPLY.

Join David Lloyd Clubs and you can enjoy the latest gym equipment, swimming pools and spas (club dependent), and group exercise classes. Many of their clubs also have match-quality tennis, squash and badminton courts.

Each time you go to the gym and swipe your gym membership card you'll earn five Vitality points. You can earn a maximum of 40 Vitality points per week for getting active.

Important information

- This offer applies to Individual Flexible Platinum membership at selected clubs.
- A joining fee of £50 applies.
- You will join on an initial three month membership and then rolling month-to-month membership.

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

50% OFF A PAIR OF SPORTS SHOES WITH SWEATSHOP

We all know how important it is to keep fit and active, but having the right kit for the activity you're doing is also vital.

The right running shoes can make the difference between a personal best and a good time, between comfort and discomfort, and between safe running and a serious injury. That's why we've partnered with Sweatshop, the nation's leading specialist running retailer, to offer you 50% off a pair of sports shoes, even those that are on sale.

Important information

- Each member on your plan, including dependent children can get 50% off one pair of sports shoes per plan year.
- The 50% 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.

Runners Need will replace Sweatshop as a Vitality fitness partner as of 1 January 2019.

UP TO 50% CASHBACK ON AN ADULT BIKE WITH EVANS CYCLES

With Evans Cycles, you could get up to 50% cashback on the price of an adult bike in store or online, including sale items.

	BRONZE	SILVER	GOLD	PLATINUM
Cashback applies to	First £500	First £600	First £800	First £1,000
Maximum cashback	£250	£300	£400	£500

You will need to pay the full retail price of the bike upfront and then you'll receive your cashback in four quarterly instalments providing you still have your plan with us. The higher your Vitality status the bigger the saving, see the table above.

Important information

- Cashback applies to sale and non sale adult bikes.
- Members will need to pay the full retail price and then reclaim the 50% cashback by completing the claims process on vitalitycycles.co.uk.
- Cashback will be paid on a quarterly basis on or around the 25th of the month.
- Members on Personal Healthcare plans can purchase one bike per adult on the plan every three years that they're covered. Employees on Business Healthcare plans, Corporate Healthcare plans and Healthcare Trusts can purchase one bike per principal member every three years that they're covered.
- This offer is not valid for the Cycle to Work scheme or bikes on finance.
- You will not be eligible for cashback if you purchase a bike in part or in full with a gift voucher.
- For members on Personal Healthcare plans the adult on the plan purchasing the bike must pay for the bike to claim the cashback. Employees on Business Healthcare plans, Corporate Healthcare plans and Healthcare Trusts must pay for the bike to be able to claim the cashback. We won't pay cashback if the bike is purchased by anyone else.

ACTIVITY TRACKING

You can earn Vitality points for your workouts with a wide range of fitness devices and mobile apps.

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 to earn Vitality points. You can also use it to enjoy Active Rewards, view your points statement, track your Vitality Age and more.

UP TO 40% OFF A GARMIN ACTIVITY TRACKING DEVICE (PLUS P&P)

Garmin make devices that move with your pace of life. They have fitness devices to analyse every stroke, pedal and step you take and you can get up to 40% off a selected device. Each member aged 16 and over can purchase one discounted Garmin or Polar device, per plan year.

Important information

- You can get 30% off a Garmin fitness device (e.g. vivofit 4, Forerunner 35 or Approach S20) or 40% off a wellness device (e.g. vivofit 3, vivosmart 3 or Index Smart Scales).
- Please upload your device data regularly to make sure you receive your Vitality points in time to earn your weekly Active Rewards.
- You can earn Vitality points with any of the devices that are eligible for the Vitality discount. For details of eligible devices please visit www.vitality.co.uk/rewards/partners/activity-tracking/garmin/.

40% OFF A POLAR ACTIVITY TRACKING DEVICE (PLUS P&P)

Getting healthier doesn't have to be limited to the gym. You can get 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.
- Please upload your device data regularly to make sure you receive your Vitality points in time to earn your weekly Active Rewards.
- You can earn Vitality points with any of the devices that are eligible for the Vitality discount. For details of eligible devices please visit the Member Zone.

NOKIA HEALTH

Nokia have a range of devices that track your activity. You can link any Nokia device that tracks steps to Vitality to earn Vitality activity points. You can get 40% off either a Nokia Steel or Nokia Steel HR device.

Important information

- You can purchase one discounted Nokia activity tracker per adult member per plan year. This in addition to one discounted Garmin or Polar device each plan year.
- Please upload your device data regularly to make sure you receive your Vitality points in time to earn your weekly Active Rewards.
- You can earn Vitality points with any of the devices that are eligible for the Vitality discount. For details of eligible devices please visit the Member Zone.

PARKRUN

You can earn Vitality points every time you run or attend as a volunteer. There are runs all over the country every week so now there's even more incentive to find your local run and give it a go.

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.



EAT WELL

We've partnered with Ocado to make it more rewarding for you to eat well. And, with our partner Weight Watchers, they'll help you lose weight healthily.

HEALTHY SAVINGS ON HEALTHY FOOD AT OCADO

Get up to 25% off healthy food and free delivery.* Save on thousands of healthy foods at the world's largest dedicated online grocery retailer - and get free delivery - every time you shop.

To get the maximum 25% discount, you need to be on Platinum Vitality status and have earned at least 40 Vitality activity points in the previous month. Take a look at the table:

	BRONZE	SILVER	GOLD	PLATINUM
% Discount	10%	15%	20%	25%
Individual monthly spend cap	£100	£100	£100	£100
2+ adults monthly spend cap	£200	£200	£200	£200

*To qualify for free delivery, the total value of your order must be £40 or more before the Vitality discount is applied and at least 30% of your total food and drink spend must be on healthy food.

Important information

- Available 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.
- 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.
- If you have one adult on the plan you will need to have earned at least 40 Vitality activity points in the previous month to qualify for the Vitality healthy food discount. If you have two or more adults on the plan then you'll need to have earned at least 60 Vitality activity points in the previous month.
- The discount level you receive will be based on your Vitality status on the day that you complete your healthy food shop.
- Ocado will only deliver where the minimum order value is £40 before the Vitality discount is applied.
- Ocado don't deliver to the whole of the UK yet, but they are constantly reviewing their delivery areas. You can check if they deliver to your postcode at www.ocado.com/webshop/postcodeCheck.do
- Free delivery will not be available over the Christmas period. The Christmas period is from 20 - 24 December.

- The discount is capped at a maximum monthly spend on healthy food of £100 for individual plans and £200 for plans with two or more adults. If the benefit is unused in a given month, the capped amount cannot be carried over into further months.
- Vitality points will be awarded based on one point per £2 spent on healthy food up to a maximum monthly value of 50 points for individual plans and 100 points for plans with two or more adults.
- Only the principal member on the plan will be able to link their Vitality account to Ocado and claim the Ocado healthy food benefit.
- Ocado vouchers and existing offers will be accepted in conjunction with the Vitality discount. Smart Pass and promotions (e.g. 2 for 1) will be added before the Vitality discount, any coupons will be added after the Vitality discount.

SIGN UP TO WEIGHT WATCHERS WITH A SIX MONTH PASS FOR JUST £30

We know that losing weight can be challenging. That's why we've partnered with Weight Watchers, to help inspire and enable you to lose weight healthily, and keep it off. Once you've paid the £30 subscription payment, you'll initially get six month subscription giving you access to meetings, eSource internet tools and the Weight Watchers app. If you attend a minimum of two meetings a month, within the first six months, we'll extend your subscription for a further six months. And, if you achieve your goal weight within this time we'll even refund your £30 subscription payment.

You'll get 15 Vitality points each week when you attend a Weight Watchers meeting. You'll also earn 50 Vitality points for losing 5% and 10% of your start weight, and a further 100 Vitality points when you reach your Weight Watchers goal weight.

Important information

- Please remember to take your pass card with you to each meeting or you will have to pay the standard weekly meeting fee.
- At the end of six months, we hope you will have been getting the most out of your membership and therefore be eligible for an extension from VitalityHealth. If you haven't, then you will be charged each month at the Weight Watchers standard monthly rate (£21.45 at October 2018) until you cancel.



FAMILY

With Vitality Healthy Kids we make it fun, easy and rewarding for your children to learn healthy lifelong habits.

We've teamed up with one of the world's most iconic family brands to help your kids get more active and form life-long healthy habits. Our Healthy Kids area contains loads of fun activities and child-focused recipes, inspired by some of Disney's most famous stars.

By protecting your family, you could get up to 40% off a Garmin kids activity tracker. Choose from a Garmin vívoFit® jr. or the Garmin vívoFit® jr. 2 featuring Disney themes.

As a Vitality Member, you'll be able to earn rewards for healthy activity, with discounts at Disney Store. Plus, you'll have the chance to win trips to Disneyland Paris and other Disney experiences in our Vitality VIP prize draws!

Important information:

- For VitalityHealth plans there must be at least one child aged four or over covered on the plan to be eligible for a Garmin kids' device and at least one child aged 0-17 covered on the plan to be eligible for the Disney Store discount.
- 40% discount applies to the Garmin vívoFit jr. and 30% discount applies to the Garmin vívoFit jr. 2.
- 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.

You can buy one discounted device for each child on your plan aged four or over each plan year. Children aged four or over are eligible for a Garmin kids' device. Children aged 16 or over are eligible for a discounted Garmin or Polar device. This is in addition to one discounted Garmin or Polar device each plan year and one discounted Nokia device each plan year for each adult member of your plan. You will need to use your child's membership number and details to redeem the discount.

The Vitality discount is only available on eligible devices from the Garmin Vitality store. You can't use the Vitality discount in conjunction with any Garmin promotion or special offer. A charge for postage and packing will apply.

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 from a range of apps, including a discount on leading mindfulness app, 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.
- Mindful minutes are calculated on a daily basis and can be made up of multiple activities across multiple apps in a 24-hour period. This means that you'll still earn two Vitality points if you complete five mindful minutes on one app and five mindful minutes on a different app in the same 24-hour period.
- As a Vitality member, you can get 30% off an annual subscription on the leading mindfulness app, Headspace. An annual subscription usually costs £71.88. You can get it for £50.32 saving you £21.56.

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).
- Eligible Healthy Mind Applications are limited to Buddhify, Calm, Headspace and The Mindfulness App. Vitality reserve the right to add, amend or withdraw Healthy Mind Applications from the list of eligible Healthy Mind Applications at any time.
- You can earn a maximum of two Vitality points a day for completing ten or more mindful minutes, and up to six Vitality points a week.

It takes a bit of time and effort to get healthy, so we treat you to discounts at Champneys.

CHAMPNEYS

You can get:

- 75% off one, two and three night Spa Stays and Spa Days at any one of Champneys four country spas; Springs in Leicestershire, Tring in Hertfordshire, Forest Mere in Hampshire and Henlow in Bedfordshire.
- 35% off various beauty treatments, from manicures to pedicures, to the latest anti-aging 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.

Important information

- You can go to Champneys country spas or City Spas a total of three times per 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 and Mottram Hall.





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

We know it can be difficult, so we've partnered with Allen Carr to offer you, at no extra cost, a stop smoking programme. They have already helped over 50,000 people stop smoking each year and now you can join them.

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.
- Each adult on your plan can attend one Allen Carr programme during the lifetime of the plan.

BE REWARDED





GETTING HEALTHY TAKES A BIT OF TIME AND EFFORT. SO WE GIVE YOU REWARDS FOR DOING IT.

ALL PERSONAL HEALTHCARE AND BUSINESS HEALTHCARE PLANS INCLUDE ALL OUR PARTNERS AND REWARDS WITH NO OPTION TO REMOVE THESE BENEFITS. 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 INFORMATION ON ALL OF OUR REWARD PARTNERS ON THE MEMBER ZONE AT VITALITY.CO.UK.

ACTIVE REWARDS

Members can earn rewards by getting active. Rewards like these offer extra incentive for you to get healthier.

APPLE WATCH - GET APPLE WATCH. GET ACTIVE. GET REWARDED.

Get Apple Watch Series 4 from £99 and you could fund the balance by tracking your steps.

Get active

Download the Vitality Member app to your iPhone (Series 4 requires an iPhone 5s or later with iOS 12 or later. Series 3 requires an iPhone 5s or later with iOS 11 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 £12.50.

How it works

Apple Watch Series 3 starts at £279 so you'll make an initial upfront payment from £9 followed by 24 monthly payments of between £0 and £11.25.

Apple Watch Series 4 starts at £399 so you'll make an initial upfront payment from £99 followed by 24 monthly payments of between £0 and £12.50.

The upfront payments will vary depending on the model you choose, but the monthly payments are still between £0 and £11.25 for Series 3 and between £0 and £12.50 for Series 4.

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 3					
Activity points earned in a month	0-39	40-79	80-119	120-159	160+
Monthly direct debit payment	£11.25	£9	£6.75	£4.50	£0

APPLE WATCH SERIES 4					
Activity points earned in a month	0-39	40-79	80-119	120-159	160+
Monthly direct debit payment	£12.50	£10	£7.50	£5	£0

Illustrative example based on Apple Watch Series 4, 40mm Aluminium Case with Black Sports Band.

Total price	Initial upfront payment	Your activity	Monthly payment	Balance paid	Total saving
£399	£99	160 activity points per month for 24 months	£0	£0 - 0% APR, variable Direct Debit for 24 months	£300
£399	£99	80 activity points per month for 24 months	£7.50	£180 (0% APR, variable Direct Debit for 24 months)	£120

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 with Vitality Plus.
- You need an iPhone 5s or later model to use Apple Watch Series 3 and 4.
- You'll also need to download the Vitality Member app to your iPhone.
- This offer applies to selected Apple Watch Series 3 GPS and Apple Watch Nike+ Series 3 and 4 GPS models, and Apple Watch Series 4 40mm or 44mm models only. GPS + Cellular, Stainless Steel and Hermes edition models are excluded from this offer. Prices and models are subject to change.
- Offer only available to over 18s. Eligibility for this offer is subject to financial circumstances and status.
- You need to pass a credit check and make an initial upfront payment, which will vary depending on the model you choose to a maximum of £129.
- You need to agree to an online consumer credit agreement (0% APR) with the lender and pay between £0 and £11.25 a month for a Series 3 Watch and between £0 and £12.50 a month for a Series 4 Watch by variable Direct Debit for 24 months based on the Vitality activity points you earn each 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.
- If you are unable to maintain your payments the lender reserves the right to cancel your credit agreement. If your Vitality plan is cancelled, your plan lapses or you switch to another insurer and have not completed your payments under the credit agreement, your credit agreement with the lender will continue under the terms of that agreement.
- On Personal Healthcare each eligible member of the plan aged 18 or over can purchase one eligible Apple Watch in each purchase period. On Business and Corporate Healthcare plans the insured employee can purchase one eligible Apple Watch in each purchase period.

- From time to time we change the way we award points for tracking physical activity, but you'll always be able to obtain the maximum monthly saving by getting active.
- Apple is not a participant or sponsor of Vitality Active Rewards.
- VitalityHealth is a trading name of Vitality Corporate Services Limited, who for the purposes of this offer are acting as a credit broker only and not a lender. afforditNOW is a suite of lending products offered by PayBreak Limited, the exclusive lender. PayBreak is unable to offer credit to members living on the Channel Islands.
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- Further terms and conditions apply: www.vitality.co.uk/rewards/partners/active-rewards/apple-watch/apple-watch-terms/

CINEMA TICKETS WITH CINEWORLD OR VUE

You can treat yourself to a trip to the cinema, whether it's the latest action blockbuster or a romantic comedy you really want to see.

Each adult on the plan will need to earn twelve Vitality activity points for tracking their exercise to unlock cinema tickets. If you and your partner (if covered on the plan) both earn twelve Vitality activity points in a week, any children on the plan will have their cinema tickets unlocked.

There are lots of ways to earn Vitality points for tracking your exercise like working out at Virgin Active or going for a run, walk or cycle wearing a linked activity tracking device.

*For members with a BMI of more than or equal to 35 or who are 70 years or older they will need to earn nine Vitality points in a week.

Important information

- Available 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.
- Maximum of one ticket for each person on your plan at either a Cineworld or Vue cinema.
- Cineworld: Codes are not valid for viewings at Cineworld Leicester Square or for alternative content and special showings. Upgrades for 3D and 4DX films, IMAX, Superscreen, D-Box formats and Cheltenham Screening Rooms are available for an additional cost. Upgrades can be booked online or at the cinema. 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.

- Each voucher code is valid for films showing the week the code is generated. You will have a week to earn activity points and then your cinema code will be available the following week.
- Cinema ticket voucher codes can only be used by Vitality members. In absolutely no circumstances can voucher codes be sold or gifted to third parties by a member.

GET ACTIVE AND BE REWARDED WITH A DRINK EVERY WEEK WITH STARBUCKS

Link your My Starbucks Rewards account in the Member Zone and we'll treat you to a drink every week. Choose from a selection of delicious handcrafted drinks including a tea, coffee or hot chocolate.

Each adult member on the plan will need to earn twelve Vitality points for tracking their activity in a week and a drink will be added to their My Starbucks Rewards account the following week.

Important information

- Available 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.
- This offer applies to handcrafted drinks only, including a tea, coffee or hot chocolate.
- For this benefit a week runs from Monday to Sunday.
- Excludes Venti-sized drinks and seasonal featured drinks.
- You must complete the activity and upload your data to your devices account by Sunday evening each week to be eligible for a drink the following week. Drinks will not be awarded retrospectively.
- Your drink will be awarded to your My Starbucks Rewards account on the Thursday following the previous week's exercise.
- You can only redeem drinks at participating Starbucks stores that accept the Starbucks Card or app.
- You will need to redeem your drink within seven days of it being credited to your My Starbucks Rewards account. If you don't redeem your drink within seven days it will expire.

AMAZON PRIME

Stay active and be rewarded with Amazon Prime.

STAY ACTIVE AND GET AN ANNUAL PRIME MEMBERSHIP WORTH £79 ON US, TO ENJOY FAST DELIVERY, MOVIES, MUSIC AND MORE.

Prime is an annual membership that lets you stream, shop, listen, read and more:

- Fast delivery on millions of items
- 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 DO I GET REWARDED WITH PRIME?

- Join Vitality and get set up with Prime.
- Track your activity and earn 160 activity points.
- Pay nothing for Prime.

Important information:

- This benefit applies to an annual (12-month) Amazon Prime membership only. There's no Vitality discount on an Amazon Prime monthly membership, or in conjunction with any other Amazon Prime offers.
- Only one Vitality member aged 18 or over per household can receive the Amazon Prime benefit. Eligibility for this offer is subject to financial circumstances and status.
- 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.
- If you're unable to maintain your payments the lender reserves the right to cancel your credit agreement. If you cancel your Vitality plan and haven't completed your payments under the credit agreement, your credit agreement with the lender will continue under the terms of that agreement.
- From time to time we change the way we award points for tracking physical activity, but you'll always be able to claim the monthly saving by getting active.
- 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. AfforditNOW is a suite of lending products offered by PayBreak Limited, the exclusive lender. PayBreak is unable to offer credit to members living on the Channel Islands.

TRAVEL

Travel is a great way to sit back and relax and it's now cheaper with our travel partners. Whether it's your next trip to Europe with British Airways, or a romantic getaway with Mr & Mrs Smith, we've made it more rewarding for you to get healthy. The higher your Vitality status, the bigger the rewards.

UP TO 40% OFF RETURN ECONOMY FLIGHTS WITHIN THE UK AND EUROPE WITH BRITISH AIRWAYS. INCLUDING TAXES AND CHARGES.

You could save money on flights to more than 70 destinations across Europe, including Paris, Rome and Edinburgh. So whether you're looking for a last minute getaway, a weekend break or to visit friends and family, we can help you get there for less.

The table below shows the maximum discount you could receive and the maximum number of bookings you can make per member per plan year based on your Vitality status.

	BRONZE	SILVER	GOLD	PLATINUM
Discount	5%	20%	30%	40%
Number of bookings	1	1	2	2

Important information

- Available 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.
- The discount applies to return economy flights to selected domestic and short haul destinations as advertised on the Fly Vitality website.
- The discount applies to the cost of the flight including taxes and charges.
- The discount applies to standard, hand baggage only, semi-flexible and fully-flexible fares.
- The discount does not apply to optional extras such as special baggage fees. These can be managed directly within the Manage My Booking section of britishairways.com.
- You must book your flight through the Fly Vitality website accessed through the Member Zone to be eligible for the discount.
- The discount only applies to flights within the UK or departing from and returning to the UK.
- For flights departing between Sunday and Thursday there must be at least two nights between the outbound and return flights. For flights departing on a Friday or Saturday there must be at least one night between the outbound and return flights.
- If you need to amend or cancel your booking, a £40 cancellation fee will apply.
- The outbound travel date must be before the plan's renewal date or anniversary date. The portal will not allow a booking if the outbound flight date is after the plan renewal date or anniversary date. Vitality reserves the right to amend or withdraw this discount at any time.

A person is riding a bicycle on a rocky shore. The person is wearing dark clothing and is captured in a dynamic pose, leaning forward. The bicycle is a mountain bike with a white frame and black tires. The background shows a calm ocean under a bright sky, with several large rocks scattered along the shore. The overall scene conveys a sense of outdoor activity and health.

THE VITALITY COMMITMENT

As new opportunities and technologies emerge, the way Vitality rewards you for being healthy will naturally change over time.

The discounts and rewards Vitality offers will also depend on relationships with third party providers and the range of services these providers offer.

You'll find details of the way discounts and rewards can change in your terms and conditions. This includes changes to the way we award Vitality points, the eligible activities, incentives and partners we offer, and how your Vitality status could change as a result. If you're not satisfied with the changes we make, you may cancel your plan.

We'll always let you know.

TO FIND OUT MORE ABOUT OUR PARTNERS VISIT [VITALITY.CO.UK](https://www.vitality.co.uk)

UP TO 25% DISCOUNT ON LUXURY AND BOUTIQUE HOTELS WITH MR & MRS SMITH

We've partnered with the hotel specialists Mr & Mrs Smith to offer you up to 25% discount on their hand picked hotel collection. Whether you're looking for a special stay for you and a partner or somewhere child friendly to take the whole family, Mr & Mrs Smith offers a unique hotel experience and guarantees the best rates available.

	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

- Available 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.
- If there are two or more adults on the plan, only one adult needs to be named on the booking to receive the total discount for the plan.
- New bookings must start 32 days after the previous booking check out date to allow for processing.
- Cancellation charges may apply. For further information please visit the Member Zone at vitality.co.uk



HOW YOU CAN EARN VITALITY POINTS

ACTIVITY	ELIGIBILITY	POINTS PER EVENT	MAXIMUM ACTIVITY FREQUENCY	MAXIMUM POINTS PER MEMBER PER PLAN YEAR	WHERE TO EARN THESE POINTS?
UNDERSTAND YOUR HEALTH					
Online Health Review	All adults	100	1 per year	100	Visit the 'Goals and things to do' section of the Member Zone
Online non-smoker's declaration	All adults	100	1 per year	300 points, including 200 points awarded for a non-smoker declaration as part of a Vitality Healthcheck	
GET ACTIVE					
Workout - gym session	All adults	5 per workout	8 points per day from any exercise activity. Maximum 40 points per week.	2080	At participating partner gyms
Daily steps	All adults	3 points for reaching 7,000 steps. 5 points for reaching 10,000, 8 points for reaching 12,500 steps (per day)			Visit the 'Health partners and rewards' section of the Member Zone to find out more
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 hr. 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)	All adults	30 minutes physical activity: 150 kcals burned (at a rate of at least 300kcal/hr) 5 points, 300 kcals burned (at a rate of at least 600kcal/hr) 8 points. 60 minutes physical activity with 300 kcals burned (at a rate of at least 300kcal/hr) 8 points			
parkrun event	All adults	8 points for running/walking 5km, 5 points for volunteering at the event			
EAT WELL					
Weight Watchers	All adults	15 points for attending a Meeting	Maximum 15 points per week	780	Visit the 'Health partners and rewards' section of the Member Zone to find out more
Buying healthy food from Ocado	All adults	1 point per £2 spent per week	Maximum 50 points per month if there is one adult on your plan, or 100 points if there are two or more adults on your plan.	600 points - Individual plan 1200 points - 2+ adults plans.	
MINDFULNESS, WELLBEING AND RELAXATION					
Vitality Healthy Mind	All adults	Get up to 2 points per day for completing 10 or more minutes of mindful activity	Maximum of 6 Vitality points a week.	312	Visit the 'Health partners and rewards' section of the Member Zone to find out more

ACTIVITY	ELIGIBILITY	POINTS PER EVENT	MAXIMUM ACTIVITY FREQUENCY	MAXIMUM POINTS PER MEMBER PER PLAN YEAR	WHERE TO EARN THESE POINTS?	
MONITORING YOUR PROGRESS						
Body composition (measurement)	All adults	60 per measurement or result in the green zone per 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 'Health partners and rewards' section of the Member Zone to find out more	
Body composition (green zone)	All adults with BMI 18.5 - 24.9					
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					
Cholesterol (measurement)	All adults					
Cholesterol (green zone)	All adults scoring < 5 mmol/l					
Random blood glucose (measurement)	All adults					
Random blood glucose (green zone)	All adults scoring < 7.8 mmol/l					
CHECK-UPS AND PREVENTION						
Completed vaccinations up to 12 months	Children between 0 - 14 months inclusive	100	1 set per lifetime	100	Any GP	
Completed vaccinations up to 24 months	Children between 12 - 26 months inclusive					
Completed vaccinations up to 4 years	Children between 36 - 50 months inclusive					
Completed vaccinations up to 18 years	Children between 8 - 18 years inclusive					
Influenza vaccination	All adults 60+ or as clinically appropriate*					
Glaucoma testing	Adults 40+ or as clinically appropriate*					An optometrist
Dental check up	All adults and children					Any dentist
Mammogram	Females 45+ or as clinically appropriate*	150	1 of each per year	150	NHS screening centres, Nuffield Health, BMI Healthcare or Bluecrest Screening	
Pap smear	Females 16+				Any GP, Nuffield Health, BMI Healthcare or Bluecrest Screening	
Prostate screening	Males 50+ or as clinically appropriate*				Any GP, Nuffield Health, BMI Healthcare or Bluecrest Screening	
ECG	All adults	50 static or 100 dynamic	1 ECG per year	100	Available at Nuffield Health, BMI Healthcare or Bluecrest Screening	

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.

FIND OUT MORE

For more information visit our
website vitality.co.uk

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