



The Vitality Programme

Scientifically designed to help you stay happy and healthy

As simple as...



Understand your health

When you join, you take an online health review and get tips on how to stay healthy.



Get healthier

To help you get healthier, you get benefits and discounts on wearable tech, gym membership and more:



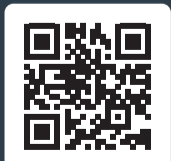
Get rewarded

And to help you stay healthy, you can get rewarded from a wide range of Vitality partners.

Active Rewards:
These are regular rewards you can access, just by getting active.



Status Rewards:
These are rewards linked to your Vitality status. The higher your status, the higher the discount you'll get with:



Find out more.

Speak to your financial adviser or visit our website vitality.co.uk