

How to achieve your goals with Vitality.

Sharing the benefits of healthy living



100 PTS
GO TO THE DENTIST FOR A CHECK-UP

60 PTS
FOR COMPLETING 10 OR MORE MINUTES OF MINDFUL ACTIVITY 3 DAYS A WEEK FOR 10 WEEKS

240 PTS
TAKE 12,500 STEPS A DAY, 5 TIMES A WEEK FOR 6 WEEKS

Apple WATCH
POLAR LISTS TO YOUR BODY
GARMIN
withings SAMSUNG
fitbit

100 PTS
FOR JOINING WW AND REACHING YOUR GOAL WEIGHT

240 PTS
FOR WORKING OUT AT A VITALITY PARTNER GYM 4 TIMES A WEEK FOR 12 WEEKS

Virgin active
Nuffield Health
David Lloyd CLUBS

200 PTS
FOR TAKING 10,000 STEPS A DAY, 5 TIMES A WEEK FOR 8 WEEKS

200 PTS
FOR CONFIRMING YOU ARE A NON-SMOKER AS PART OF A VITALITY HEALTHCHECK

120 PTS
TAKING A FITNESS ASSESSMENT AT A PARTICIPATING GYM

Virgin active
Nuffield Health
David Lloyd CLUBS

SILVER

Get Healthier.

BRONZE

START

FINISH

GOLD

PLATINUM

Be Rewarded.

50 PTS
FOR VOLUNTEERING AT A PARKRUN FOR 10 WEEKS

100 PTS
COMPLETE AN ONLINE HEALTH REVIEW ON OUR MEMBER ZONE

80 PTS
RUN IN A PARKRUN EVENT ONCE A WEEK FOR 10 WEEKS

32 PTS
FOR GOING ON A 60 MINUTE BIKE RIDE ONCE A WEEK FOR A MONTH

300 PTS
TAKE 10,000 STEPS A DAY, 6 TIMES A WEEK FOR 10 WEEKS

480 PTS
TAKE A VITALITY HEALTHCHECK AND SCORE IN THE GREEN ZONE FOR 4 TESTS

100 PTS
MAKE A NON-SMOKERS DECLARATION ONLINE

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Making the most of Vitality.

Vitality rewards you from the word go.

It's simple - the more you do to get healthier, the more discounts and rewards you receive.* Here are just some of the ways you can make the most of Vitality...

Understand your health.		
VitalityHealth No extra cost VitalityLife £12.50	Vitality Healthcheck	
UP TO 81% OFF	Health screens	
Mindfulness, wellbeing and relaxation.		
Earn points	Healthy Mind Earn Vitality points for mindful activities. As a Vitality member, you can get a 12 month Headspace subscription on us.	
75% OFF	Champneys Stays and Days¹ One, two and three night Spa Stays and Spa Days	
Travel.		
UP TO 25% OFF	Luxury and boutique hotel stays²	
Status based reward.		
UP TO 20% OFF	Expedia³ Book your next break with Expedia, and you could get up to 20% discount on up to four hotel bookings every plan year	
Family.		
Rewards for your family	Vitality Healthy Kids⁴ Get up to 40% off a Garmin kids' activity tracker and receive between 10% and 25% discount at the Disney Store	

Get active, eat well and stop smoking.		
VitalityHealth UP TO 50% VitalityLife 40%	Monthly gym membership at selected clubs⁵ A joining fee will apply, you can earn 5 Vitality points per workout	
Exclusive discount	Nike with Vitality Great prices on the exclusive Vitality collection by Nike	
UP TO 40% OFF	Polar, Garmin, Fitbit, Samsung and Withings activity trackers⁶	
6 month subscription on us	Fiit A six month Fiit subscription on us. Then 50% off an annual subscription. ⁷	
UP TO 50% OFF	Runners Need Up to 50% off one pair of sports shoes, per member, per plan year as well as 15% off full priced items, excluding electronics	
Earn points	parkrun Earn a maximum of 8 points each time you run and 5 points each time you volunteer	
UP TO 25% CASHBACK	Selected Waitrose Good Health products⁸	
£30	WW Six month pass	
No extra cost	Allen Carr's Easyway to Stop Smoking	

Get active. Be rewarded.



Regular rewards you can earn, just by getting active. Earn Vitality points to unlock a range of Active 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.



Activity points.

7,000 Steps a day**
3 points



10,000 Steps a day
5 points

12,500 Steps a day
8 points

*The discounts and rewards available depend on your Vitality plan. Minimum monthly premiums and further terms and conditions apply.

**Members over the age of 70 can earn three points for reaching 5,000 steps per day.
1. Maximum of three bookings per plan year. Booking required minimum of four weeks prior to visit. This offer does not apply to Eastwell Manor. Vitality discount at Mottram Hall, only applies for a one night stay.
2. Maximum discount of £125 per booking depending on Vitality status. Maximum of two bookings per plan year.
3. Available on prepaid bookings on the net price only and excludes taxes and other charges. The discount applies to the first £750 of each booking. Hotels must be booked via the Vitality Member Zone.

4. 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. One device available for each insured child aged 4-18. P&P charges may apply. Disney Store discount is between 10% and 25% depending on your Vitality status. Each plan is eligible for a maximum of one discount voucher to spend at The Disney Store in any calendar month.
5. A joining fee of up to £75 will apply. Each adult member on a plan can have one discounted gym membership at either Virgin Active, Nuffield Health or David Lloyd. Available on certain gym membership packages only.
6. Up to 40% off one selected Polar or Garmin activity tracker per member aged 16 and over each plan year. This is in addition to 40% off one Withings activity tracker, 20% off a Samsung smartwatch and up to 36% off a Fitbit device per adult member

each plan year. Postage and packaging charges may apply.
7. You can enjoy a six-month membership on us, by joining Fiit through Member Zone before 1 December 2021. Once the six-month membership ends, you can get 50% off an annual subscription. To be eligible for the benefit, you must be 18 or over and covered on at least one qualifying plan.
8. 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. 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.
Full eligibility, terms and conditions can be found on vitality.co.uk
Details are correct as at September 2021.