

The journey to Platinum.

Vitality
INVEST

Follow these steps and you could earn Vitality points to get from Bronze to Platinum status.



**90
POINTS**

For completing 10 or more minutes of mindful activity 3 days a week for 10 weeks

**100
POINTS**

When you go for a dental check-up



**80
POINTS**

Run in a parkrun event once a week for 10 weeks



**100
POINTS**

For joining WW and reaching your goal weight



**300
POINTS**

For taking 10,000 steps a day, 6 times a week for 10 weeks



**100
POINTS**

For going for a glaucoma test with an optometrist



**120
POINTS**

For going on a 60 minute bike ride once a week for 4 months



**50
POINTS**

For volunteering at a parkrun for 10 weeks

**60
POINTS**

For going for a weekly swim over 2 months with selected devices

**320
POINTS**

Take 12,500 steps a day, 5 times a week for 8 weeks

**100
POINTS**

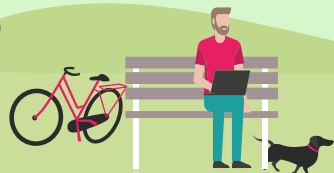
Complete an online Health Review

**100
POINTS**

Declare yourself a non-smoker

**480
POINTS**

Book a Vitality Healthcheck and score in the green zone for 4 tests



Get Healthier.

Be Rewarded.

SILVER

BRONZE

PLATINUM

GOLD

Start your journey here

You can get to Silver before starting any physical activity!

**200
POINTS**

For taking 10,000 steps a day, 5 times a week for 8 weeks



**200
POINTS**

Confirm you are a non-smoker as part of a Vitality Healthcheck



Vitality status

By doing things like staying active and tracking your health, you can earn Vitality points. The healthier your efforts, the more points you earn.

BRONZE
0 POINTS

SILVER
800 POINTS

GOLD
1600 POINTS

PLATINUM
2400 POINTS

Further terms and conditions apply to all our partners – please visit [vitality.co.uk](https://www.vitality.co.uk) for further details.

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

VS0033_11/19_J4439_CORE

Making the most of Vitality.

Vitality rewards you from the word go. By holding one of our VitalityInvest plans, you'll qualify for the Vitality Core version of the healthy living programme:

Understand your health

£10

Vitality Healthcheck

Vitality | HEALTHCHECK

Get active

EXCLUSIVE

Nike with Vitality

Great prices on the exclusive Vitality collection by Nike

Vitality | Nike

UP TO
80%
OFF

Health screens

BLUECREST
HEALTH SCREENING
Take Control of Your Health

UP TO
40%
OFF

Polar, Garmin and Withings activity trackers²

POLAR
LISTENS TO YOUR BODY
GARMIN. withings

Mindfulness, wellbeing and relaxation

EARN
POINTS

Healthy Mind

Earn Vitality points for mindful activities and get 30% off an annual subscription on the Headspace app

Vitality | HEALTHY MIND
HEADSPACE

25%
OFF

Runners Need

25% off one pair of sports shoes per member, per plan year and 15% off full priced items, excluding electronics

runnersneed
the running specialists

EARN
POINTS

parkrun

Earn a maximum of 8 points each time you run and 5 points each time you volunteer

Vitality
partners
parkrun

75%
OFF

Champneys Stays and Days¹

One, two and three night Spa Stays and Spa Days

THE ORIGINAL
CHAMPNEYS
HEALTH SPA

Stop smoking

NO
EXTRA
COST

Allen Carr's Easyway to Stop Smoking

Allen Carr's
EASYWAY
To Stop Smoking

Eat well

£30

WW

£30 for a six month Digital + Studio Plan

WW

Activity points

See how you can earn activity points with your daily steps. You can earn a maximum of 40 activity points per week.

7,000 steps a day
3 POINTS

10,000 steps a day
5 POINTS

12,500 steps a day
8 POINTS

Lower points threshold for those over 70.

5,000 steps a day
3 POINTS

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



Bronze Silver Gold Platinum

40% off a Garmin vivosport®

Based on an eligible activity tracking device RRP £149.99



Saved: £59

50% off Bluecrest screening

Elite screening



Saved: £89.50

25% off a pair of sports shoes

from Runners Need

Based on a pair of shoes RRP £90



Saved: £22

75% off Champneys health spa overnight stay

Spa stay in a single room at Forest Mere resort



Saved: £183

Headspace subscription

30% off an annual Headspace subscription



Saved: £20

Total saved: £373.50

Details correct as of November 2019

For full details and terms and conditions of the rewards and discounts you have access to, speak to your financial adviser or go to [vitality.co.uk/rewards](https://www.vitality.co.uk/rewards)

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. Up to 40% off one selected Polar or Garmin activity tracker per member aged 16 and over each plan year. 40% off one Withings activity tracker per adult member each plan year. Postage and Packaging charges may apply.