

How you can earn Vitality points and increase your Vitality status.

Understand your health	Vitality activity	Eligibility	Points per event	Maximum activity frequency	Maximum points per Member per year	Where to earn these points
	Online Health Review	All adults	100	1 per year	100	Visit the 'My Vitality' section of the Member Zone
	Online non-smoker's declaration					
	Non-smoker's declaration as part of a Vitality Healthcheck		200		200	Visit the 'Partners and Rewards' section of the Member Zone and click on Vitality Healthcheck to find out more
Get active	Workout - gym session at Virgin Active, Nuffield Health or David Lloyd Clubs	All adults	5 per workout	8 points per day from any exercise activity Maximum 40 points per week	2,080	At participating partner gyms
	Daily steps	Adults 18-69 years inclusive	3 points for reaching 7,000; 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			Visit the 'Partners and Rewards' section of the Member Zone to find out more
	Daily steps	All adults 70+	3 points for reaching 5,000, 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			
	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 hour. 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)		30 minutes physical activity: 150kcal burned (at a rate of at least 300kcal/hr) 5 points; 300kcal burned (at a rate of at least 600kcal/hr) 8 points; 60 minutes physical activity with 300kcal burned (at a rate of at least 300kcal/hr) 8 points			
	parkrun event		8 points for running/walking 5km; 5 points for volunteering at the event			
	Eat well	WW	All adults			
50 points for losing 5% of start weight				Once during the lifetime of your plan	50	
50 points for losing 10% of start weight						
100 points for reaching goal weight				Once during the lifetime of your plan	100	

Vitality points table continued on page 10.

Vitality activity	Eligibility	Points per event	Maximum activity frequency	Maximum points per Member per year	Where to earn these points
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, Wellness Check, Vitality Healthcheck or fitness assessment providers. Visit the relevant pages in the 'Partners and Rewards' section of the Member Zone to find out.
Body composition (green zone)	All adults with BMI 18.5-24.9 Or BMI with waist circumference: Male: 25.0-29.9 with waist circumference of <94cm Female: 25.0-29.9 with waist circumference of <80cm				
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				
Total Cholesterol/HDL ratio (measurement)	All adults 18 to 69 years inclusive				
Total Cholesterol/HDL ratio (green zone)	Male: <4.5 mmol/l Female: <4.0 mmol/l				
Random blood glucose (measurement)	All adults				
Random blood glucose (green zone)	All adults scoring <7.8mmol/l				

Completed vaccinations up to 12 months	Children 0-14 months inclusive	100	1 set per lifetime	100	Any GP
Completed vaccinations up to 24 months	Children 12-26 months inclusive				
Completed vaccinations up to 4 years	Children 36-50 months inclusive				
Completed vaccinations up to 18 years	Children/young adults 10-25 years inclusive				
Pneumococcal vaccination	Adults 65+				Any GP or one of our screening providers
Vaccination for Zoster	All adults 60+				
Abdominal aortic ultrasound	Males 65+				
Flu Vaccine	All adults 60+or as clinically appropriate*	50 per year	1 per year	50	Any GP
Eye test	All adults		1 test every 2 plan years is required		Any optometrist or ophthalmologist
Dental check-up	All adults and children	100	1 of each per year		Any dentist
Mammogram	Females 45+ or as clinically appropriate*	50	1 every 3 years	50	NHS screening centres or our screening partner
Cervical Screening	Females 25+ or as clinically appropriate up to 65 years*	50 per year			Any GP
Faecal occult blood testing/Faecal Immunochemical Testing (FOBT/FIT)	All adults 60+	50	1 test every 2 plan years	1 test every 2 plan years	