

# GETTING STARTED WITH VITALITY

VISIT THE  
MEMBER ZONE  
AT MEMBER.  
VITALITY.CO.UK

## HOW DO I GET STARTED WITH VITALITY?

Firstly you will need to register on the **Member Zone**. This is quick and easy, all you need is your Vitality membership number, which you will find on your welcome email or letter.

### UNDERSTAND YOUR HEALTH

What is the online Health Review?

Once registered you can complete your online **Health Review** which is designed to give you a snapshot of your health. By answering simple health related questions it will give you an understanding of how healthy you are.

What is the Vitality Age?

Your Health Review will also provide you with a **Vitality Age** – a scientific calculation that assesses the impact of your lifestyle on your health. Your **Vitality Age** may be higher or lower than your actual age but it's a great way of understanding your health in an easy and straightforward way.

### HELP GETTING HEALTHIER

How can Vitality help me to get healthier?

Once you understand how healthy you are, you can start using the Vitality partner discounts to help you with things like stopping smoking, losing weight and getting fitter. Vitality help you track your progress by giving you points for doing healthy things. These are called **Vitality points**.

For more information on how Vitality can help you to get healthy and keep you motivated, visit the Member Zone at [member.vitality.co.uk](https://member.vitality.co.uk).

## YOUR VITALITY STATUS

How do I earn Vitality points and increase my Vitality status?

To track your progress, Vitality award you with **Vitality points**. Vitality points contribute towards your **Vitality status**. The more Vitality points earned in a plan year, the higher your **Vitality status**.

When you first register on the Member Zone, you'll start on Bronze status. You can work up to Silver, then Gold and finally Platinum. The healthier and more active you are, the more points you earn.

### NUMBER OF VITALITY POINTS NEEDED IF THERE IS ONE ADULT ON YOUR PLAN:



Every adult on the plan can earn **Vitality points**, so if there is more than one adult on your plan, the points you need to reach each status will be higher.

## THERE'S A WHOLE HOST OF WAYS YOU CAN EARN VITALITY POINTS

| UNDERSTANDING YOUR HEALTH   |   | POINTS   |
|---|---|--|
| Online Health Review  |   | 100 points                                       |
| Online Non-smokers declaration  |   | 100 points                                       |
| Non-Smokers declaration as part of the Vitality Healthcheck (or 200 if the online non-smokers declaration has been completed)   |   | 300 points                                       |
| <b>Vitality Healthcheck</b>   |   |  |
| Up to 480 points for completing the following measurements:   |   |  |
| BMI   |   | 60 points + 60 points<br>if within healthy range |
| Blood Pressure  |   |  |
| Cholesterol   |   |  |
| Blood Glucose   |   |  |
| GET ACTIVE  |   | POINTS   |
|    | Gym session with Virgin Active, Nuffield Health or David Lloyd Club | 5 points per workout                             |
|    | 12,500 steps  | 8 points a day                                   |
|    | Run a parkrun event   | 8 points per event                               |
| EAT WELL  |   | POINTS   |
|    | Attend a WW meeting   | 15 points per meeting                            |

## DISCOUNTS AND CASHBACK

What discounts are available on the VitalityHealth plan?







### UNDERSTAND YOUR HEALTH

Complete the online Health Review to find out your **Vitality Age**




Find out your key biometrics by attending a **Wellness Day**

Barratt Developments will continue to offer staff their annual health review and with the Vitality programme your dependents can now benefit from 50% off health screens at Bluecrest.


### GET ACTIVE

|  |   |
|--|---|
|   | 50% off monthly gym membership fees with Virgin Active.<br>A joining fee will apply <sup>2*</sup>   |
|   | 50% off monthly gym fees at selected Nuffield Health Fitness & Wellbeing Clubs.<br>A joining fee will apply <sup>3*</sup>                 |
|   | 50% off Individual Flexible Platinum membership fees at selected David Lloyd Clubs. A joining fee will apply <sup>4*</sup>                |
|   | 50% off one pair of sports shoes per member each plan year with Runners Need <sup>5</sup>   |
|   | Up to 40% off selected Garmin, Polar and Withings devices <sup>6</sup>  |
|  | Vitality points with parkrun and Fitbit devices<br>Download our <b>Vitality Member app</b> and link to your Apple HealthKit on your phone |

### WELLBEING AND RELAXATION

|   |  |
|---|--|
|  | 75% off one, two or three night Spa Stays and Spa Days at Champneys <sup>7</sup> |
|  | Earn <b>Vitality points</b> for mindfulness and relaxation                       |
|  | 30% off an annual subscription   |

### STOP SMOKING

|   |   |
|---|---|
|  | Allen Carr's Easyway to Stop Smoking programme at no cost to you <sup>8</sup> |
|---|---|

## IMPORTANT NOTES

1. One adult on the plan can have a Vitality Healthcheck at no additional cost each plan year. All other adults on the plan are able to have a Vitality Healthcheck, which are available for £15 each. Each adult member can have a maximum of two discounted health screens, Vitality Healthchecks or fitness assessments each plan year, in addition to the Vitality Healthcheck. If they want to have more health screens, they'll need to pay the full retail price.  
  
A 50% discount 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.
2. Flexible individual monthly membership. Joining fees are up to £50 for all clubs other than Classic Collection clubs, where the joining fees are £75. This offer does not apply to Chiswick Riverside Health and Racquet club.
3. Applies to one month contracts at selected Nuffield Health Fitness & Wellbeing Clubs. A joining fee of £30 applies.
4. A joining fee of £60 applies. Initial three month membership period and then rolling month-to-month membership. Individual Flexible Platinum membership at selected clubs.  
\*Each adult member on a plan can have one discounted gym membership at either Virgin Active, Nuffield Health or David Lloyd Clubs.
5. 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 in the sale. The discount only applies to sports shoes and excludes delivery charges.
  - Up to 40% off a range of Garmin and Polar products. One device per member aged 16 or over each plan year. P&P charges may apply. 40% off a Withings Steel or Withings Steel HR activity tracker. One device per adult member each plan year. This is in addition to one discounted Garmin or Polar device per plan year. P&P charges apply.
  - Maximum of three bookings each plan year. Minimum four week booking period applies. This offer does not apply to Eastwell Manor or Mottram Hall.
  - Each adult on the plan can attend one Allen Carr programme. This benefit can only be used once for each adult, whether under this plan or any other plan with Vitality.

Details correct as of November 2019. Terms, conditions and exclusions apply to all our partners. Please refer to the Member Zone for more information.