

Life's better with

Vitality



Get active. Get up to two months' premiums back on a health plan.

When you take steps to understand your health and get active.

Limited-time offer: 1 July - 30 Sept 2020.

Health insurance • Life insurance • Investments

Limited-time offer:
1 July -
30 Sept 2020
inclusive

Summer Cashback offer.

Join Vitality and we'll share the benefits of healthy living with up to two months cashback on your premiums.¹ We call it shared value.

To qualify, all you need to do is understand your health by completing an online Health Review and reaching certain activity targets.

As well as receiving cashback on up to two of your monthly premiums, you can also enjoy regular rewards with some of our partners, including Caffè Nero, Waitrose & Partners and Amazon Prime, when you make healthy lifestyle choices.

How the Summer Cashback offer works.

Three simple steps.

1



Take out a health insurance plan with Vitality.

2



Complete an online Health Review, to understand your health.

3



Track your steps with a compatible device, to earn Vitality activity points.

Three great reasons to join Vitality.

1

Up to two months' premium back in cashback



2

Award-winning health cover, with the highest levels of protection and benefits²



3

Rewards for positive lifestyle choices, to help you live a healthier life



Some of our partners



This is how simple it is for you to earn your premium cashback.

You earn cashback once each adult member on the plan has completed their online Health Review, and:



1 month premium cashback

Earned any number of Vitality activity points in the month the plan started, or the following two calendar months.



2 months' premium cashback

Earned at least 40 Vitality activity points in each of the two calendar months following the start month.



Tracking your daily activity.


As a Vitality member, you're able to pick up points by using a compatible activity tracking device. You can earn a maximum of eight points a day and 40 points a week.


 **7k steps per day**
3 POINTS

 **10k steps per day**
5 POINTS

 **12.5k steps per day**
8 POINTS

If your compatible device includes a heart-rate tracker, there are also other ways to earn activity points each week.


30 - 59 minutes at 300 kcals burned per hour (150kcal)
5 POINTS


30 minutes at 70% maximum heart rate
8 POINTS

1. Each individual Personal Healthcare plan must have a minimum premium from £35. Terms and conditions apply.
2. 5-star Defaqto rated health insurance.
3. Excludes any Optimiser that is exclusively available to VitalityLife plans arranged on a Whole of Life basis. The maximum cashback is £500 per plan - this applies to monthly and annual premium payments.
4. 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 £60. A monthly spend cap will apply. You will need to register for a myWaitrose card and link it to your Vitality membership.

Interested in life insurance from Vitality?

Our Summer Cashback offer is also available with any Optimised plan with VitalityLife.³

As well as the ability to earn up to two months' premium cashback, you can enjoy **boosted benefits as a Vitality Pink member.**

Get boosted benefits with **up to 40% cashback** on products from the Good Health range at Waitrose & Partners⁴ when you take out both an eligible health and life plan with Vitality.

Find out more.

**For more information on the Summer Cashback offer,
speak to your financial adviser or visit [vitality.co.uk](https://www.vitality.co.uk)**