



Making the most of Vitality

We're here to help you find out about

Making the most of Vitality

Thursday 1st February
11am - 12pm

During this session the experts will be giving an overview of what is included in your VitalityHealth plan. This will include the insurance side of your plan, such as the VitalityGP app, the self-referral pathways and the claims process to receive specialist care. It will also cover the Vitality Programme, which is in place to incentivise members to be proactive with their health through partner discounts and rewards.



The basics of PMI

Thursday 8th February
11am - 12pm

New to private medical insurance and want a clearer understanding around excess, hospital lists and the referral procedures to access care? This session will be covering the basics of health insurance to ensure members know how to utilise the VitalityGP app, how to make a claim and how to self-refer for physiotherapy or mental health support.



Improving your nutrition with Vitality

Thursday 15th February
11am - 12pm

Don't know where to start when it comes to improving your nutrition? With years of experience working in weight management and supporting individuals to make wiser food choices, the experts will be discussing the barriers when it comes to eating a healthy diet. The experts will also highlight the partners available with Vitality to support you when making some healthier decisions with your nutrition.



Prioritising self-care with Vitality

Thursday 22nd
February 11am - 12pm

Self-care looks different for everyone. This session aims to highlight some of the tools available with the Vitality Programme to promote self-care and support members with their wellbeing.



Making the most of Vitality for new members

Thursday 29th February
11am - 12pm

This session is a great starting point for any new VitalityHealth member. This session will cover how to get yourself set up and navigate around the member app. The experts will also be giving an overview of the different partner discounts and rewards that members can utilise as part of the Vitality Programme. Additionally, the session will cover the process to book virtual GP consultations and the claims process to receive treatment.

