



Making the most of Vitality

We're here to help you find out about

Making the most of Vitality

**Thursday 7th March
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.



Making a claim with Vitality

**Thursday 14th March
11am - 12pm**

At Vitality we like to take a proactive approach when it comes to your health, however if the time comes and you do need to access some care, we want to make sure our members know the referral pathways to make a claim to receive care.



Getting active with Vitality

**Thursday 21st March
11am - 12pm**

With backgrounds in health and wellbeing, the Vitality experts will be bringing their experience and knowledge to this session to discuss how to overcome the common barriers preventing members from getting active. Furthermore, they will also discuss the tools available with the Vitality Programme to set some goals, keep yourself accountable and enjoy the process.



Making the most of Vitality for new members

**Thursday 28th March
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.

