



Why private medical insurance?

Private medical insurance (PMI) gives you fast access to high-quality medical facilities and the latest treatments, and helps to cover the cost.



Fast access

Access to medical care at a time and place that suits you.



Latest drugs and treatment

Access a wider range of drugs and treatment.



Choice of hospital

Choose when and where you're treated from hundreds of quality hospitals in the UK.



Flexible cover

Cover options that give you control over your plan and costs.



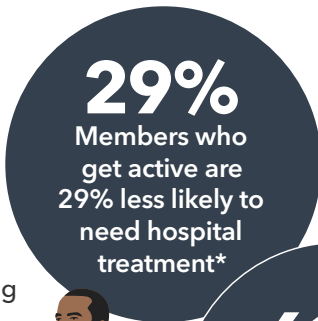
Comfort and privacy

Recover in the comfort and privacy of your own room - no need to worry about sharing a ward.



Choice of consultant

Choose a consultant for a specific claim.



*Health Claims Insights Report, 2023

Full Cover Promise

You'll never be faced with an unexpected bill - if your treatment is eligible.

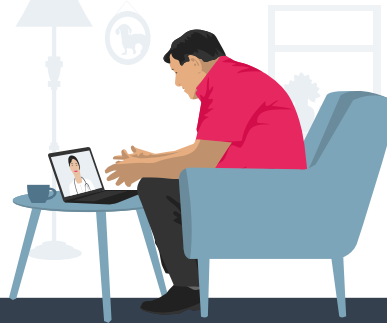
As part of our Core Cover, we promise to pay for recognised consultants' and anaesthetists' fees in full for in-patient and day-patient treatment.

Advanced Cancer Cover and screenings

Included as standard on all our Personal Healthcare plans, our comprehensive cover includes the latest forms of therapy and surgery. You can access preventative treatment, plus personalised, specialist support and guidance at every stage of the treatment journey. Our assessments help you understand your risk for the five most common cancers - breast, prostate, bowel, cervical and skin.

Mental Health Support

We offer a unique end-to-end mental health journey. Our Vitality Programme helps you develop a healthier lifestyle, which promotes better mental wellbeing. Plus, our standard cover includes a 12-month subscription to leading mindfulness app, Headspace. We make sure all members have access to vital support. So, you'll have fast access to eight Talking Therapies sessions, without the need for a GP referral, no matter your medical history. And with our extra Mental Health Cover option, you can access more comprehensive treatment.



Digital Care Access

We put you in control of your treatment journey:

- Vitality GP gives you access to virtual GP consultations, as well as prescriptions and referral to medical tests.
- You can refer yourself online or by phone for physiotherapy and mental health treatments like Cognitive Behavioural Therapy.
- You can request care and manage your claims through our online Care Hub.

Vitality Programme

You can benefit from day one of your cover without having to claim. The Vitality Programme gives you the tools to understand your health and get healthier - and we keep you moving with discounts and rewards you'll want to use.

It's proven to drive improvements in health - like extending a member's life expectancy by 1.5 years¹.



For more information speak to your adviser or visit [vitality.co.uk](https://www.vitality.co.uk).

¹Vitality data 2019 - 2020. VitalityHealth is a trading name of Vitality Corporate Services Limited which is authorised and regulated by the Financial Conduct Authority. J8189_01/24