




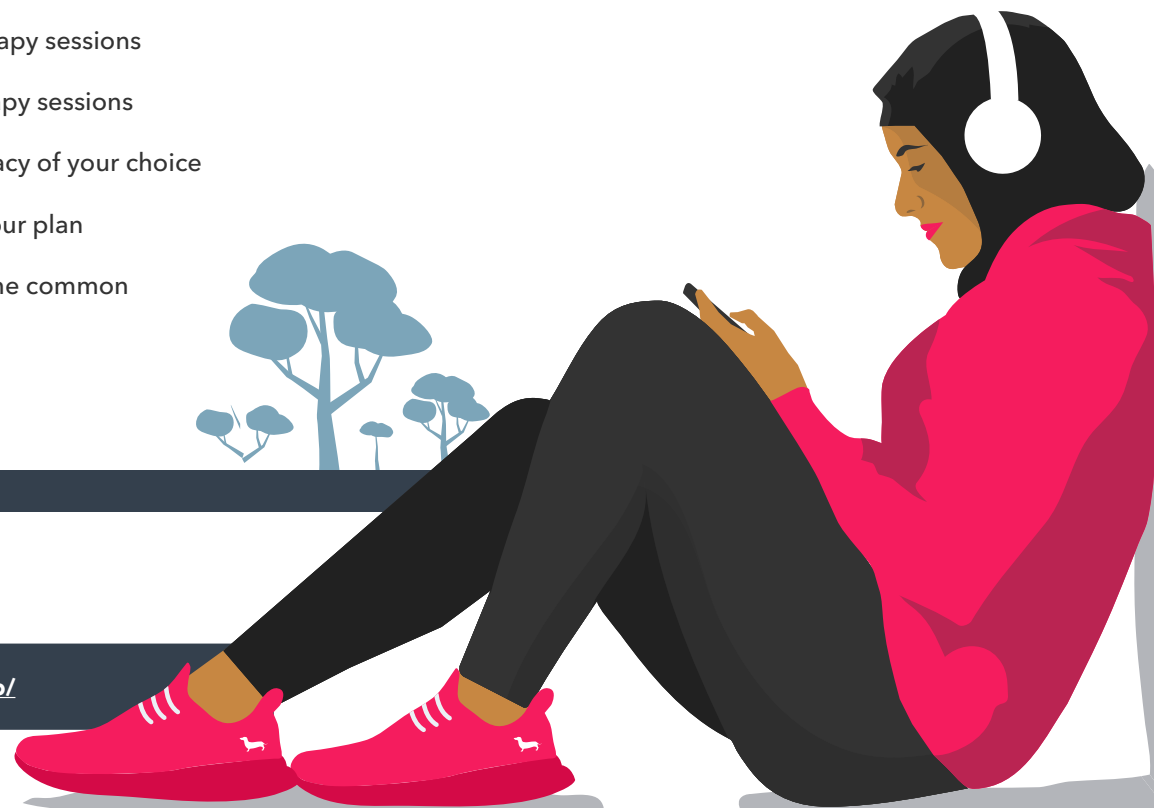
Care Hub - manage your healthcare, all in one place



Access Care Hub
Log onto the Member Zone and go to 'Health'. Check out what you can do on Care Hub on the next page.

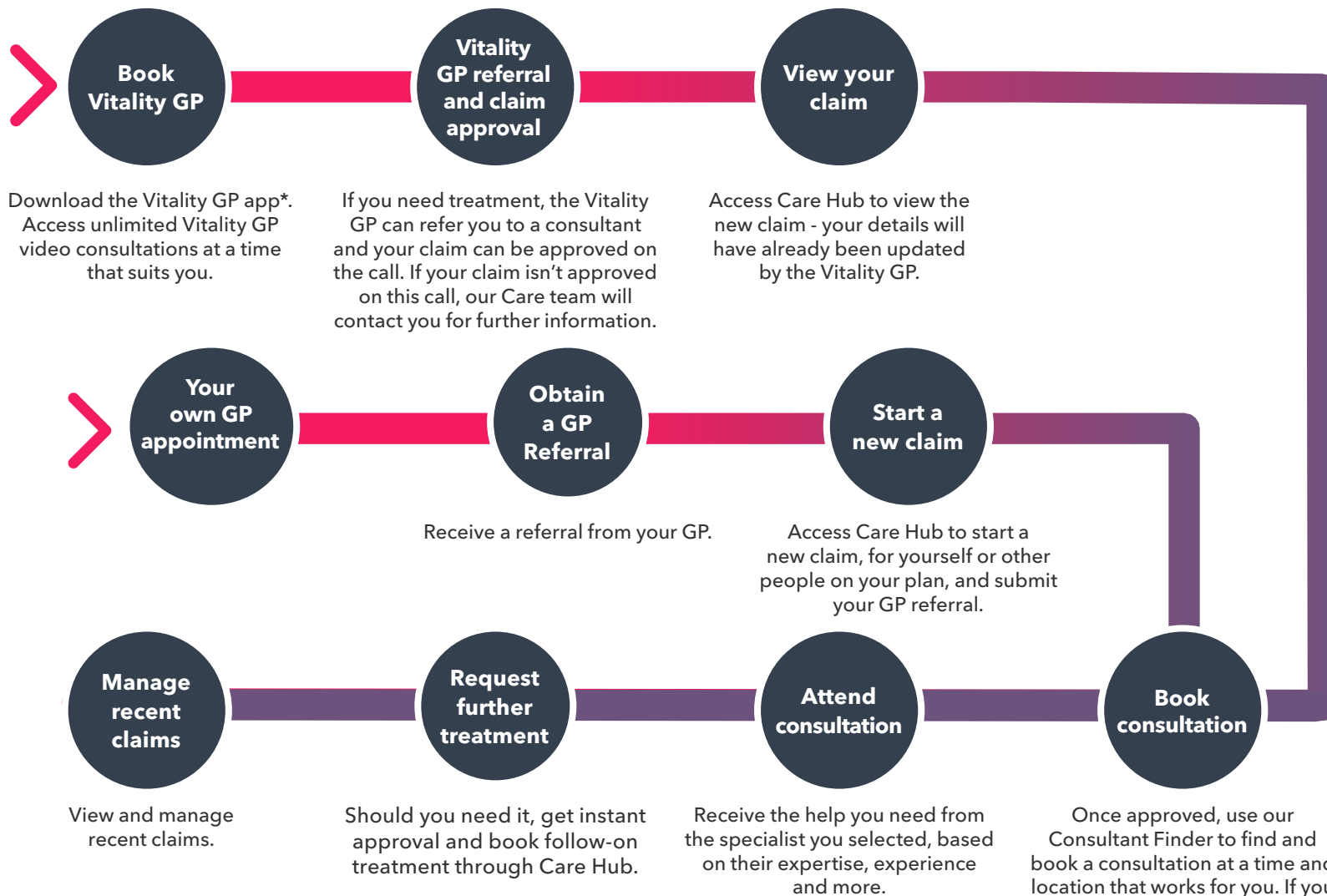
Here's what a VitalityHealth member has access to on Care Hub

- ✓ Carry out an online cancer risk assessment for five common cancers
- ✓ Get fast-track access to breast screening and diagnostic services
- ✓ Get an instant referral to our skin analytics service
- ✓ Refer yourself for up to six physiotherapy sessions
- ✓ Self-refer for up to eight Talking Therapy sessions
- ✓ Have prescriptions sent to the pharmacy of your choice
- ✓ Check benefit and excess levels on your plan
- ✓ Learn about health conditions, from the common cold to cancer



For more information visit members.vitality.co.uk/my-health-insurance/care-hub/

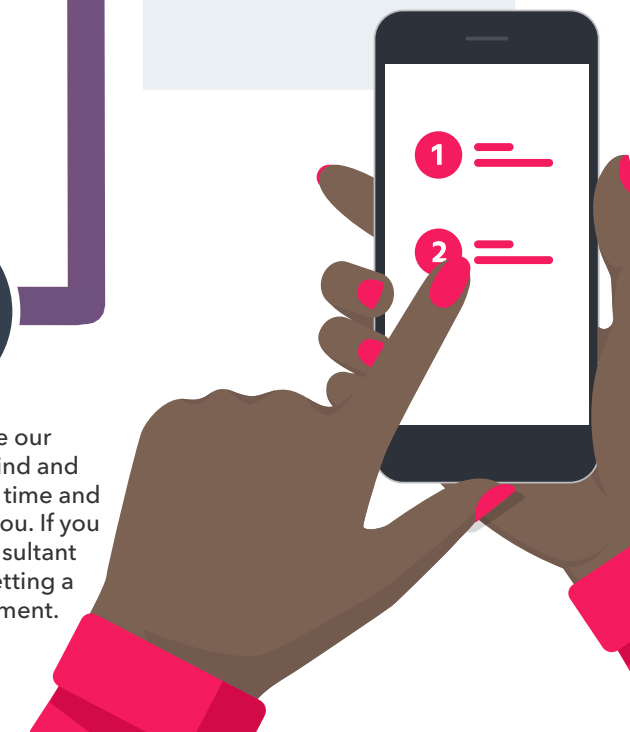
Your roadmap to claiming with VitalityHealth



Care Team

If you need support there is lots of useful information on Care Hub. You can also easily connect with our Care Team, giving you peace of mind that there is always someone on hand to keep things moving.

vitality.co.uk/support/health/how-to-make-a-claim/



*You'll need either Apple (iOS 12.0 and above) or Android (6.0 and above). Appointments are available from 8am - 8pm Monday - Friday and 8am - 4pm Saturdays, excluding Sundays and Bank Holidays.