

Vitality Healthy Mind.

Sharing the benefits of healthy living



- Stress** - 57% of us are stressed about work¹
- Sleep** - 32% of us don't sleep enough¹
- Depression** - 8% of us suffer from depression¹
- Financial concerns** - 51% of us sometimes worry about money¹

- Anxiety** - mindfulness reduces anxiety by 58%³
- Depression** - is decreased by 57%³
- Stress** - is reduced by 40%³
- Focus** - mindful activities can improve focus by 14%²

Earn Vitality points for mindfulness and relaxation.

Vitality makes mindfulness accessible

Vitality members can get a 12 month subscription with leading mindfulness app, Headspace, on us.



Earn Vitality points

Complete 10 or more minutes of mindful activity, to earn 2 Vitality points a day, up to a maximum of 6 Vitality points a week.



Be rewarded

The points you earn will count towards improving your Vitality status. By improving your Vitality status, you can live a happier and healthier life by enjoying discounts with our range of wellness partners.



Source: 1. Britain's Healthiest Workplace 2019, 2. Headspace data: [headspace.com/science/meditation-research](https://www.headspace.com/science/meditation-research), 3. Mindfulness studies by Oxford University & University of Surrey.

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