



**VitalityLife**  
**Discounts**  
**and Rewards**



## Understand your health

Vitality Healthcheck



Bluecrest



## Get active

Polar



Garmin



Samsung



Fitbit



Withings



Fiit



Runners Need



parkrun



Nike with Vitality



Nuffield Health, PureGym and Virgin Active



Peloton



Specialized



## Eat well

Waitrose & Partners



WeightWatchers



## Stop smoking

Allen Carr's Easyway



## Family

Garmin Kids



## Mindfulness, wellbeing and relaxation

Champneys



Headspace



## Active Rewards

Vitality American Express® Credit Card



Apple Watch



ODEON and Vue



Rakuten TV



Caffè Nero



Mindful Chef



## Travel

Expedia



Mr & Mrs Smith



## Care support

SuperCarers



# Vitality partners and rewards

## Understand your health

We help you to get a better picture of your health with discounts on health checks and health assessments



Healthcheck

Vitality Healthcheck

For only £12.50 you can get a 30 minute Vitality Healthcheck to measure your blood pressure; Body Mass Index; glucose; and cholesterol levels.

For members with a Vitality Plus plan, the principal member is eligible for a health check through Bluecrest for £0 in their first plan year. Any further health checks on the plan will be charged at £12.50 per adult.



Bluecrest

Bluecrest health assessments

Get 50% off Bluecrest health assessments. Or, if you're aged 40 and over with a Vitality Age Gap of 5 years or more, you'll get 100% off the Advanced assessment.

## Get active

We make getting healthy fun

**POLAR** GARMIN. WITHINGS

Up to 40% off selected devices with Polar, Garmin or Withings. (P+P applies).<sup>1</sup>



Up to 36% off a range of Fitbit devices (A £6 delivery charge will apply).<sup>2</sup>

**SAMSUNG**

Get a discount on selected Samsung devices. Plus, by linking your watch to the Vitality Member app through Samsung Health, you can earn Vitality points and rewards.<sup>3</sup>

**FIIT**

Get a 12-month Fiit membership on us when you sign up through Member Zone<sup>4</sup>



the running specialists

Up to 50% off a pair of running shoes. Maximum of one pair per member per plan year. As well as 15% off full priced items, excluding electronics.<sup>5</sup>



Earn 8 activity points each time you run. You can earn a maximum of 40 activity points a week for getting active. You can also earn 5 points each time you volunteer, but these don't count towards your Active Rewards.



Great prices on the exclusive Vitality collection by Nike.<sup>6</sup>



Up to 50% off monthly membership at Nuffield Health Fitness & Wellbeing Centres, PureGym gyms or Virgin Active gyms, with the exception of Virgin Active Chiswick Riverside gym. Joining fee will apply.<sup>7\*</sup>

Members with a Vitality Select plan will require a minimum premium of £25 and over, and are eligible for a 40% discount off a monthly membership.

Members with a Vitality Plus plan are eligible for a 50% discount off a monthly membership.



Get cashback on a Peloton Bike, Bike+ or Tread when you get active with Vitality.<sup>8\*</sup>



25% off selected bikes or 15% off selected Turbo e-Bikes from Specialized when you reach Silver Vitality status and 25% off selected accessories when bought at the same time.<sup>9</sup>

## Eat well



WeightWatchers

£30 for a six month WeightWatchers Premium membership.



Up to 25% cashback on selected Waitrose & Partners Good Health products.<sup>10</sup>

## Stop smoking

One of the best ways to improve your health is to give up cigarettes



Allen Carr's Easyway to Stop Smoking programme (retail price up to £349)<sup>11</sup>.

## Family

We make it fun, easy and rewarding for your children to learn healthy lifelong habits

**GARMIN.** **Garmin Kids: 40% off a Disney themed Garmin Kids activity tracker<sup>12</sup>.**

## Mindfulness, wellbeing and relaxation

Pamper yourself with discounted Champneys spa breaks



Up to a total of three trips a year for a maximum of three nights at a time.<sup>13</sup>

|                              | Discount |
|------------------------------|----------|
| Champneys Health Spas        | 75% off  |
| Champneys Town and City Spas | 35% off  |
| Champneys spa products       | 25% off  |

Earn Vitality points for mindfulness and relaxation



Earn two Vitality points a day for 10 minutes (or more) of mindful activity, up to a maximum of six points a week using Headspace.

As a Vitality member, you can get a 12 month Headspace subscription on us.<sup>14</sup>

## Active Rewards

Get active and be rewarded



**Vitality American Express® Credit Card**

Get the Credit Card that rewards you for being active with a healthy cashback booster. Representative 42.4% APR variable.<sup>15</sup>



**Get Apple Watch Series 9 from £39 upfront or Apple Watch SE from £1 upfront and pay nothing more if you stay active with Vitality.**

Apple Watch terms and conditions and a credit check apply. (You could pay between £0 - £10 a month - depending on your activity. You'll need to agree to a 36 month, 0% APR consumer credit agreement with etika Finance UK Ltd).<sup>16</sup>



**Earn a cinema ticket at ODEON or Vue. Earn 48 activity points per month in order to unlock your cinema ticket.<sup>17</sup>**



**Rakuten TV** - Enjoy the latest movies and TV shows with Rakuten TV.

Earn 12 Vitality activity points in a week and receive one movie code per week.<sup>18</sup>



**Vitality Plus** - you can get rewarded with a handcrafted Caffè Nero drink or a delicious innocent smoothie each week on us when you earn 12 activity points.

**Vitality Select** - you can get 50% off a handcrafted Caffè Nero drink or a delicious innocent smoothie each week when you earn 12 activity points.<sup>19</sup>



**Make healthy eating easy with Mindful Chef.**

**Vitality Plus** - get £10 off Mindful Chef every week when you earn 12 activity points.

**Vitality Select** - get £5 off Mindful Chef every week when you earn 12 activity points.<sup>20</sup>

## Travel



Get away from it all with up to 20% off hotels with Expedia.<sup>21</sup>

| Status   | Discount<br>Vitality Select | Bookings<br>per year | Discount<br>Vitality Plus | Bookings<br>per year |
|----------|-----------------------------|----------------------|---------------------------|----------------------|
| Bronze   | 10%                         | 1                    | 10%                       | 4                    |
| Silver   | 10%                         | 2                    | 12%                       | 4                    |
| Gold     | 10%                         | 3                    | 15%                       | 4                    |
| Platinum | 10%                         | 4                    | 20%                       | 4                    |

Excludes Taxes



THE TRAVEL CLUB FOR HOTEL LOVERS

Up to 25% discount with Mr & Mrs Smith.

Maximum of two bookings per plan year.

|                               | Bronze | Silver | Gold | Platinum |
|-------------------------------|--------|--------|------|----------|
| 25% discount applies to first | £200   | £300   | £400 | £500     |
| Maximum discount per booking  | £50    | £75    | £100 | £125     |

## Care support

Comprehensive care guidance and service with SuperCarers.







You and your immediate family (also) can have access to CareSolved, the free care advice and support service provided by SuperCarers. You'll also receive a discount when you book ongoing care.

# Making the most of Vitality

See how Tina saved herself over £380 in a year, as a member on Silver status, just by engaging with Vitality.

\*Vitality Plus monthly fee and gym joining fees deducted. Prices and discounts correct as of January 2024.

|   | Bronze  | Silver | Gold | Platinum |
|---|---|--------|------|----------|
|  | <b>50% off a pair of sports shoes from Runners Need</b><br>Based on a pair of shoes RRP £90. <b>Saved: £45</b>  |        |      |          |
|  | <b>Vue cinema</b><br>Based on four visits to Vue Westfield (Shepherd's Bush) at £14.99 per adult 2D cinema ticket on a weekday evening. <b>Saved: £59</b> |        |      |          |
|  | <b>A handcrafted drink from Caffè Nero</b><br>Based on Tina taking up the offer every other week and an average drink costing £3.90 <b>Saved: £101</b>    |        |      |          |
|  | <b>75% off Champneys health spa overnight stay</b><br>Spa stay in a single room at Forest Mere resort. <b>Saved: £183</b>                                 |        |      |          |

**Total saved: £388\***

**Important Information:** Prices and discounts are correct as at January 2024. Further terms and conditions apply.

- Activity tracking devices:** Up to 40% off one selected Polar or Garmin activity tracker per member aged 16 and over each plan year. Each adult member can also get up to 40% off one Withings device. Postage and packaging charges may apply.
- Fitbit:** All adult members on your plan can buy one discounted Fitbit device each plan year. A £6 delivery charge will apply.
- Samsung:** All adult members on your plan can buy one discounted Samsung.com smartwatch each 12 months. We'll only award points for data that has come from either a Samsung phone or Samsung device.
- Fiit:** To be eligible for this benefit, you must be aged 18 or over and covered on at least one qualifying plan.
- Runners Need:** The 15% discount on any full priced item doesn't include electronics and there's no limit to how often you can use this discount. The discount cannot be used in conjunction with any other offer or sale items. It can only be used on Runners Need items and not at Snow and Rock or related stores.
- Nike with Vitality:** A delivery charge may apply, which we will refund if the item is faulty.
- Nuffield Health, PureGym and Virgin Active:** This offer applies to Nuffield Health Fitness & Wellbeing Centres, PureGym gyms and Virgin Active gyms, with the exception of Virgin Active Chiswick Riverside gym. A joining fee of up to £75 will apply. Available on certain gym membership packages only. See [vitality.co.uk/rewards/partners/](https://vitality.co.uk/rewards/partners/) for details of all eligible gyms.
- Peloton:** Available for members with Vitality Plus. An All-Access Peloton Membership, which is £39 per month is required. Members can earn up to £630 cashback on the Bike or Bike+ or up to £1026 cashback on the Tread over 36 months, based on the number of Peloton Active Days completed each month. A Peloton Active Day is achieved once you have completed a workout. Members must purchase Peloton hardware via Member Zone. One Peloton benefit available per family per lifetime of the plan.  
\*Each adult member on a plan can have one discounted gym membership at either Nuffield Health, PureGym or Virgin Active or one adult member on a plan can have Peloton hardware to earn cashback.
- Specialized:** You need to be Silver Vitality status or above and can use your discount on one new bike or Turbo e-Bike every 12 months even if you have more than one Vitality plan. Applies to full priced items and online only. Excludes S-Works, Tarmac, Roubaix, Shiv, Status, Stumpjumper EVO, Turbo Levo (Carbon) or Turbo Tero bikes. Delivery is currently to mainland Great Britain, Northern Ireland and the Isle of Wight only. Pick up in store is not available. 25% off accessories applies when bought with the new bike, otherwise a 15% discount will apply. The e-Bike range extender battery and any CO2-based product are not included.
- Waitrose & Partners:** Minimum premium of £45 applies, plus a £4.75 fee. Cashback is available on Waitrose Good Health products online and in-store, excluding drinks, and is based on the Vitality activity points earned in the previous month. Online purchases have a minimum spend of £40 and a delivery charge will apply. A monthly spend cap will apply. To use the benefit, you will need to register for a myWaitrose card and link it to your Vitality membership.
- Allen Carr:** Each adult member can attend one Allen Carr programme. This benefit can only be used once for each adult, whether under this plan or any other plan with Vitality.
- Garmin Kids:** One discounted device available for each child covered on the plan aged 4-17 each plan year. P&P charges will apply.
- Champneys:** Maximum of three bookings per plan year. This offer does not apply to Eastwell Manor. 75% off at Mottram Hall applies to one night stays only. Subject to room availability.
- Headspace:** You can have one discounted Headspace subscription per adult member each plan year. Vitality points earned for mindful activities will contribute towards your Vitality status but they won't count towards your weekly target for Active Rewards (if you

have Active Rewards included on your plan).

- Vitality American Express® Credit Card:** Available on Life insurance plans with Vitality Plus. To qualify for this reward, you must have Vitality Optimiser added onto your plan, for an extra £4.75 a month. Minimum monthly premiums apply for this reward. Your monthly premium must be at least £45 a month for an individual plan, or £60 a month for a joint plan. Subject to eligibility criteria and approval. Visit [vitality.co.uk/rewards/partners/](https://vitality.co.uk/rewards/partners/) for terms and conditions. Representative APR is correct as at 11 October 2023. Interest rates link to the Bank of England base rate. See [amex.co.uk](https://amex.co.uk) for details. Vitality Corporate Services Limited acts as a credit broker. Exclusive lender is American Express Services Europe Limited. American Express Services Europe Limited has its registered office at Belgrave House, 76 Buckingham Palace Road, London, SW1W 9AX, United Kingdom. It is registered in England and Wales with Company Number 1833139 and is authorised and regulated by the Financial Conduct Authority.
- Apple Watch:** Applies to selected Apple Watch Series 9 and Apple Watch SE models only. Initial upfront payment will vary depending on the model. Apple Watch Series 9 RRP from £399. Apple Watch SE RRP from £219. Only one member on each qualifying plan can have an active Apple Watch benefit at any point in time. A credit check and eligibility criteria apply, 18 years or over only. Credit subject to status. 0% APR. Variable Direct Debit for 36 months. Monthly payments depend on the number of Vitality points you earn by tracking your activity in the previous month and could be between £0 and £10 for Apple Watch Series 9 and between £0 and £6 for Apple Watch SE. Requires an iPhone Xs or later with iOS 17 or later. Excludes Channel Islands. Vitality Corporate Services Limited acts as a credit broker. Exclusive lender is etika Finance UK.
- ODEON:** Codes are valid at all ODEON cinemas in the UK (including ODEON Luxe cinemas), except ODEON Luxe & Dine cinemas. At ODEON Luxe Leicester Square, codes can be used for any seat in screens 2-5, or for Circle Classic seats in screen 1 with an upgrade fee. Codes are not valid on ODEON Event Cinema, premieres, special events, screenings or non-public events. An upgrade fee is payable for Dolby Cinema, 3D, IMAX, iSense, Gallery and premium priced seats. 3D glasses will also incur an additional cost.  
**Vue:** Codes are not valid for Premieres, Event Cinema, Vue Scene, alternative content and special screenings. Codes are valid for Mini Morning screenings. An upgrade fee is payable for all screenings at Vue Leicester Square, 3D, Xtreme, IMAX and VIP and Recliner seats. Upgrades can be booked online or at the cinema. 3D glasses will also incur an additional cost. For Vitality Plus members with insured children on their plan, there is a limit of 4 cinema tickets per family, per month.
- Rakuten TV:** Available for members with Vitality Plus. Only you can use your Rakuten TV movie rental voucher. Excludes selected Early Home Release movies.
- Caffè Nero:** With Vitality Select - Earn 12 activity points a week and get 50% off a handcrafted Caffè Nero drink or a delicious innocent smoothie each week. With Vitality Plus - Earn 12 activity points a week and get rewarded with a handcrafted Caffè Nero drink or a delicious innocent smoothie each week on us.
- Mindful Chef:** A £45 minimum spend is needed for the discount to apply. A delivery charge will apply. Mindful Chef deliver to mainland Great Britain and Jersey and Guernsey. There are currently no deliveries to other UK islands or Northern Ireland. The discount is only available for one member on each plan.
- Expedia:** Available on prepaid bookings on the net price only and excludes taxes and other charges. The discount applies to the first £750 of each booking. Hotels must be booked via the Vitality Member Zone.

If you would like to know more about our discounts and rewards, please speak to your financial adviser or visit our website [vitality.co.uk/rewards](https://vitality.co.uk/rewards)

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