

How to achieve your goals with Vitality



Making the most of Vitality

VitalityHealth

No extra cost

VitalityLife

Up to

£12.50†

Vitality Healthcheck

Vitality

Healthcheck

50% or 100% OFF

Health Assessments

Bluecrest

12 month subscription

Headspace

Earn Vitality points for mindful activities. As a Vitality member, you can get a 12 month Headspace subscription on us.

headspace

75% OFF

Champneys Stays and Days¹

One, two and three night Spa Stays and Spa Days

THE ORIGINAL CHAMPNEYS HEALTH SPA

UP TO 25% OFF

Luxury and boutique hotel stays²

Smith

Mr & Mrs Smith

THE TRAVEL CLUB FOR HOTEL LOVERS

UP TO 20% OFF

Status based reward

Expedia³

Book your next break with Expedia, and you could get up to 20% discount on up to four hotel bookings every plan year

Expedia

Rewards for your family

Garmin Kids⁴

Get 40% off a Garmin Kids' activity tracker

GARMIN

*The discounts and rewards available depend on your Vitality plan. Minimum monthly premiums and further terms and conditions apply.
**Members over the age of 70 can earn three points for reaching 5,000 steps per day.
† For members with a Vitality Plus plan, the principal member is eligible for a health check through the Bluecrest Network for £0 in their first plan year. Any further health checks on the plan will be charged at £12.50 per adult.

Vitality rewards you from the word go. It's simple - the more you do to **get** healthier, the more discounts and rewards you receive.* Here are just some of the ways you can make the most of Vitality...

Get active. Be rewarded.

WATCH

Vitality

Mindful Chef

CAFFÈ NERO

Rakuten TV

ODEON

VUE

Regular rewards you can earn, just by getting active. Earn Vitality points to unlock a range of Active Rewards.

Vitality status

By doing things like staying active, tracking your health and buying healthy food, you can **earn Vitality points**. The healthier your efforts, the more points you earn, which contribute to your **Vitality status**: Bronze, Silver, Gold or Platinum.

SINGLE 0 JOINT 0

BRONZE Vitality Status

SINGLE 800 JOINT 1200

SILVER Vitality Status

SINGLE 1600 JOINT 2400

GOLD Vitality Status

SINGLE 2400 JOINT 3600

PLATINUM Vitality Status

Activity points

7,000 STEPS A DAY**

3 points

10,000 STEPS A DAY

5 points

12,500 STEPS A DAY

8 points

- 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.
- Available for members on Personal Healthcare, Business Healthcare, Corporate Healthcare or Healthcare Trusts with Vitality Plus benefits and any Life plan with Vitality Plus benefits. Maximum discount of £125 per booking depending on Vitality status. Maximum of two bookings per plan year.
- 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.
- One discounted device available for each child covered on the plan aged 4-17 each plan year. P&P charges will apply.
- A joining fee of up to £75 will apply. Each adult member on a plan can have one discounted gym membership at either Nuffield Health, PureGym or Virgin Active. Excludes Virgin Active Chiswick Riverside gym. Available on certain gym membership packages only.
- Available for members on Personal Healthcare, Business Healthcare, Corporate Healthcare or Healthcare Trusts with Vitality Plus benefits and any Life plan with Vitality Plus benefits. 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 or one adult member per plan can have Peloton hardware to earn cashback.
- 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.
- Up to 40% off one selected Polar or Garmin activity tracker per member aged 16 and over each plan year. This is in addition to up to 40% off one Withings device and up to 36% off a Fitbit device per adult member each plan year and 15% off one Samsung smartwatch every 12 months. P&P charges may apply.
- Available for members on Personal Healthcare, Business Healthcare, Corporate Healthcare or Healthcare Trusts with Vitality Plus benefits and any Life plan with Vitality Plus benefits. 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 £45 and a delivery charge will apply. A monthly spend cap applies of £100 for individual plans, or £200 for plans with two or more adult members. To use the benefit, you will need to register for a myWaitrose card and link it to your Vitality membership.

Get active, eat well and stop smoking

VitalityHealth

UP TO 50%

VitalityLife

UP TO 50%

Monthly gym membership⁵***

A joining fee will apply, you can earn 5 Vitality points per workout

Virgin active

Nuffield Health

PUREGYM

Earn cashback

Peloton

Get cashback on a Peloton Bike, Bike+ or Tread when you get active with Vitality⁶***

PELOTON

UP TO 25% OFF

Specialized

25% off selected bikes or 15% off Turbo e-Bikes from Specialized when you reach Silver Vitality status and 25% off selected accessories when bought at the same time⁷

SPECIALIZED

Exclusive collection

Nike with Vitality

Great prices on the exclusive Vitality collection by Nike

Vitality | Nike

UP TO 40% OFF

Polar, Garmin, Fitbit, Samsung and Withings devices⁸

SAMSUNG GARMIN. fitbit WITHINGS

12 month membership

Fiit

Get a 12-month Fiit membership on us

Fiit

UP TO 50% OFF

Runners Need

Up to 50% off one pair of sports shoes, per member, per plan year as well as 15% off full priced items, excluding electronics

runnersneed the running specialists

Earn points

parkrun

Earn a maximum of 8 points each time you run and 5 points each time you volunteer

Vitality parkrun

UP TO 25% CASHBACK

Waitrose & Partners

Earn up to 25% cashback on selected Waitrose Good Health products when you stay active with Vitality⁹

WAITROSE & PARTNERS

£30

WeightWatchers

For a six month WeightWatchers Premium membership.

W WeightWatchers

No extra cost

Allen Carr's Easyway to Stop Smoking

Allen Carr's Easyway To Stop Smoking

Full eligibility, terms and conditions can be found on [vitality.co.uk](https://www.vitality.co.uk). Details are correct as at January 2024.