









# How you can earn Vitality points and increase your Vitality status

Health insurance · Life insurance · Car insurance

Submit evidence of check-ups and prevention activity on the Member Zone. We'll award Vitality points for activities that have taken place in the UK with a registered healthcare professional.

	Vitality activity	Eligibility	Points per event	Maximum activity frequency	Maximum points per member per year	Where to earn these points
 <b>Understand your health</b>	Online Health Review	18+	100	1 per plan year	100	Visit the 'My Vitality' section of the Member Zone
	Online non-smoker's declaration	18+	300	1 per plan year	300	
	Non-smoker's declaration as part of a Vitality Healthcheck	18+	300	1 per plan year	300	
 <b>Get active</b>	Workout - gym session at Nuffield Health, PureGym or Virgin Active	All adults	5 per workout	8 points per day from any exercise activity Maximum 40 points per week	2,080	Visit the 'Partners and Rewards' section of the Member Zone to find out more
	Workout - Peloton	All adults	5 points for a continuous 20-minute workout			
	Workout - Fiit	All adults	5 points for a continuous 20-minute workout			
	Daily steps (using any eligible device)	Adults 18-69 years inclusive	3 points for reaching 7,000; 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			
	Daily steps (using any eligible device)	All adults 70+	3 points for reaching 5,000, 5 points for reaching 10,000; 8 points for reaching 12,500 steps (per day)			
	Heart rate device	All adults	Working out at 60% of your age related maximum heart rate*: 5 points for 30 minutes, 8 points for 1 hour. Working out at 70% of your age related maximum heart rate: 8 points for 30 minutes			
	Calorie based device (selected Garmin devices only)		30 minutes physical activity: 150kcal burned (at a rate of at least 300kcal/hr) 5 points; 300kcal burned (at a rate of at least 600kcal/hr) 8 points; 60 minutes physical activity with 300kcal burned (at a rate of at least 300kcal/hr) 8 points			
	parkrun event		8 points for running/walking 5km; 5 points for volunteering at the event			
 <b>Mental wellbeing</b>	Mindful activity with Headspace	All adults	2 points per day	Maximum 6 points per week	312	Visit the 'Partners and Rewards' section of the Member Zone to find out more
	 <b>Eat well</b>	WeightWatchers	All adults	15 points for attending a Workshop	Maximum 15 points per week	780
50 points for losing 5% of start weight				Once during plan lifetime	50	
50 points for losing 10% of start weight				Once during plan lifetime	100	
100 points for reaching goal weight				Once during plan lifetime	100	
 <b>Monitor your progress</b>	Body composition (measurement)	All adults	60 per measurement or result in the green zone per year	1 per year	600	You can earn Vitality points for having these checks with any of our health screening, Vitality Healthcheck or fitness assessment providers. Visit the relevant pages in the 'Partners and Rewards' section of the Member Zone to find out.
	Body composition (green zone)	All adults with BMI 18.5-24.9 Or BMI with waist circumference: Male: 25.0-29.0 with waist circumference of <94cm Female: 25.0-29.9 with waist circumference of <80cm				
	Fitness (measurement)	All adults				
	Fitness (green zone)	All adults in 'above average' zone or better				
	Blood pressure (measurement)	All adults				
	Blood pressure (green zone)	All adults with blood pressure 120/80 or better on both systolic and diastolic				
	Total Cholesterol/HDL ratio (measurement)	All adults				
	Total Cholesterol/HDL ratio (green zone)	Male: <4.5 mmol/l Female: <4.0 mmol/l				
	Random blood glucose (measurement)	All adults				
	Random blood glucose (green zone)	All adults scoring <7.8mmol/l				
 <b>Check-ups and prevention</b>	Completed vaccinations up to 12 months	Children 0-14 months inclusive	100	1 set per lifetime	100	Any GP
	Completed vaccinations up to 24 months	Children 12-26 months inclusive	100		100	
	Completed vaccinations up to 4 years	Children 36-50 months inclusive	100		100	
	Completed vaccinations up to 18 years	Children/young adults 4-18 years inclusive	100		100	
	Pneumococcal vaccination	Adults 65+	100	1 per lifetime	100	Any GP or one of our screening providers
	Vaccination for Zoster	All adults 60+	100		100	
	Abdominal aortic ultrasound	Males 65+	100		100	
	Flu Vaccine	All adults 50+ or as clinically appropriate**	100	1 per year	100	Any GP
	Eye test	All adults	50 per year	1 every 2 years	50	Any optometrist or ophthalmologist
	Dental check-up	All adults and children	100	1 per year	100	Any dentist
	Mammogram	Females 45+ or as clinically appropriate**	150	1 every 3 years	150	NHS screening centres or our screening partner
	Cervical Screening	Females 25+ or as clinically appropriate up to 65 years**	150	1 every 3 years		Any GP
	Prostate Screening	Males 50+ or as clinically appropriate	150 per year	1 per year	150	Any GP or Vitality screening partners
	Faecal occult blood testing / Faecal Immunochemical Testing (FOBT/FIT)	All adults 60+	50	1 per year	50	

\*Heart rate calculated as 220 - Age (e.g. for a 40-year old, assumed maximum heart rate is 180 beats-per-minute).

\*\*If you are not within the age group and you have been clinically approved by your GP for tests, we need proof from your GP before we can award Vitality points.

## Find out more.

For more information on the Vitality Programme, please see [www.vitality.co.uk/rewards](http://www.vitality.co.uk/rewards)