

Get **more** from life with Vitality



We want you to live life well and we're here to help you do it

We give you Vitality as part of your plan.¹ It's our healthy living programme. We make it easier for you to get healthier by giving you access to our healthy partners which include some great discounts. Because you can use Vitality from day one, you'll always get something back, whether you make a claim or not.



Make Vitality even more rewarding with Vitality Plus

By upgrading to Vitality Plus for just £4 a month, we give you other ways to get more from life. You can get free cinema tickets, discounts on holidays, mobile phone contracts and more – you'll be spoilt for choice!²



Vitality benefits for all members

	£15 introductory rate Vitality Health check at a pharmacy in our network
UNDERSTAND YOUR HEALTH	50% off health screens with BMI Healthcare and Nuffield Health
	Free fitness assessments with Virgin Active or LA fitness
	50% off sports shoes with Sweatshop
GET ACTIVE	50% off a heart rate monitor, sensor or cycling computer with Polar
	A choice of three Fitbugs from £30 plus p&p
	Vitality points with parkrun, adidas miCoach, Nike+, Garmin, our Vitality Active app and the majority of Fitbit, Suunto and Timex devices
WELLBEING AND RELAXATION	75% off Champneys spa breaks and 25% off day spa treatments
	An exclusive 12 month National Trust pass for £33.67
	Free self-help guides and tools from Living Life to the Full
STOP SMOKING	No monthly fee for up to a year with Weight Watchers
	Free Allen Carr's Easyway to Stop Smoking programme

Vitality Plus benefits

GET ACTIVE	50% off monthly gym membership fees with Virgin Active and LA fitness ³
	Up to 50% off a bike with Evans Cycles (see overleaf) ⁴
	A free cinema ticket each week with Cineworld or Vue
ENTERTAINMENT	A third off events with Ticketmaster
	30% off a standard annual pass to some of the UK's top attractions with Merlin
STAY IN TOUCH	Monthly cash rebates of up to £15 mobile phone contracts with buymobiles.net (see overleaf)
	25% cashback on a holiday with Mr and Mrs Smith (see overleaf)
HOLIDAYS	25% discount off a holiday with Mark Warner (see overleaf)
	Up to 50% off tickets to Paris, Lille, Brussels and more with Eurostar (see overleaf)
MORE...	Up to 50% cashback with Lloyds Pharmacy

Get **more** from life with Vitality



We want you to live life well and we're here to help you do it

We give you Vitality as part of your plan.¹ It's our healthy living programme. We make it easier for you to get healthier by giving you access to our healthy partners which include some great discounts. Because you can use Vitality from day one, you'll always get something back, whether you make a claim or not.



Make Vitality even more rewarding with Vitality Plus

By upgrading to Vitality Plus for just £4 a month, we give you other ways to get more from life. You can get free cinema tickets, discounts on holidays, mobile phone contracts and more – you'll be spoilt for choice!²



Vitality benefits for all members

	£15 introductory rate Vitality Health check at a pharmacy in our network
UNDERSTAND YOUR HEALTH	50% off health screens with BMI Healthcare and Nuffield Health
	Free fitness assessments with Virgin Active or LA fitness
	50% off sports shoes with Sweatshop
GET ACTIVE	50% off a heart rate monitor, sensor or cycling computer with Polar
	A choice of three Fitbugs from £30 plus p&p
	Vitality points with parkrun, adidas miCoach, Nike+, Garmin, our Vitality Active app and the majority of Fitbit, Suunto and Timex devices
WELLBEING AND RELAXATION	75% off Champneys spa breaks and 25% off day spa treatments
	An exclusive 12 month National Trust pass for £33.67
	Free self-help guides and tools from Living Life to the Full
STOP SMOKING	No monthly fee for up to a year with Weight Watchers
	Free Allen Carr's Easyway to Stop Smoking programme

Vitality Plus benefits

GET ACTIVE	50% off monthly gym membership fees with Virgin Active and LA fitness ³
	Up to 50% off a bike with Evans Cycles (see overleaf) ⁴
	A free cinema ticket each week with Cineworld or Vue
ENTERTAINMENT	A third off events with Ticketmaster
	30% off a standard annual pass to some of the UK's top attractions with Merlin
STAY IN TOUCH	Monthly cash rebates of up to £15 mobile phone contracts with buymobiles.net (see overleaf)
	25% cashback on a holiday with Mr and Mrs Smith (see overleaf)
HOLIDAYS	25% discount off a holiday with Mark Warner (see overleaf)
	Up to 50% off tickets to Paris, Lille, Brussels and more with Eurostar (see overleaf)
MORE...	Up to 50% cashback with Lloyds Pharmacy