

Vitality Healthy Mind.

Life's better with

Vitality



STRESS - 54% of us are stressed about work¹

SLEEP - 80% have issues with our quality of sleep¹

DEPRESSION - 6% of us suffer from depression¹

FINANCIAL CONCERNS - 48% of us sometimes worry about money¹

SLEEP - 25-33% reduction in sleep problems and fatigue after use of mindfulness²

COMPASSION - 3 weeks of mindfulness increased compassion by 23% and reduced aggression by 57%²

FOCUS - Mindful activities can improve focus by 14%²

DEPRESSION - Mindfulness has been associated with a 40-60% reduction in effects of stress, depression and anxiety³

EARN VITALITY POINTS FOR MINDFULNESS AND RELAXATION

VITALITY MAKES MINDFULNESS ACCESSIBLE

Vitality members will receive 30% off an annual subscription with leading mindfulness app, Headspace.



EARN VITALITY POINTS

Complete 10 or more minutes of mindful activity, to earn two Vitality points a day, up to a maximum of six 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 2017, 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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