



**Vitality GP with  
partner benefits.**

**For Amey.**

# Get happier and healthier.

We have established partnerships that offer you rich benefits which make accessing a healthy lifestyle cheaper and easier.

From getting active and eating well to health checks, you can save money with lots of Vitality partners around the UK and Vitality GP. Take a look through this guide to see the range of partner benefits we offer.

## To access your Vitality GP and benefits

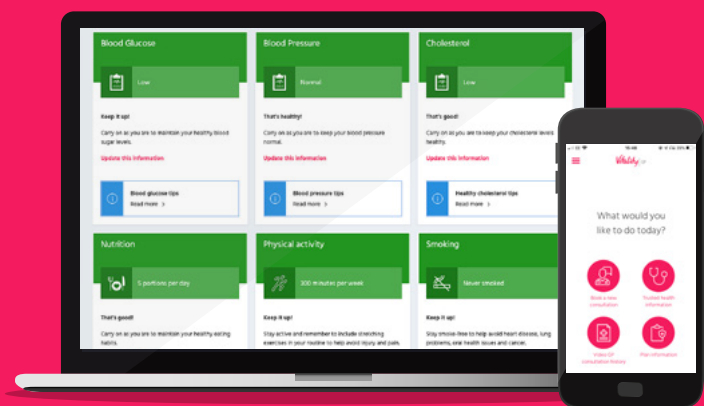


Download the Vitality GP app

Download Vitality GP in Google Play or the App Store, and register on the Member Zone.



Powered by **livi**



## Video consultations with a UK based GP at a time and place that suits you.

- ✓ GP consultation appointments
- ✓ Access to a 24/7 GP advice line

The Vitality GPs can offer you clinical advice and diagnosis as well as provide general health guidance based on your Health Review results (find out more about your online Health review on the next page). You can have up to 4 video consultations per plan year.

Private prescriptions and onward referrals are not included but may be available at an extra cost without obligation. You can also ask for a summary of your consultation to be sent to your NHS GP.

Download our free Vitality GP app on your iOS or Android device. The Vitality GP app is available on Android (6.0 and above) and Apple (iOS 12.0 and above) platforms only.

The video consultation service is available from **8am to 8pm Monday - Friday**  
**8am to 4pm Saturdays**  
excluding Bank Holidays.

## 3 steps to getting started with Vitality GP

### 1. Search for Vitality GP

in the app store or Google Play and download the app at no cost to you.

### 2. Sign into the service

using your Member Zone login details.

### 3. Make an appointment

with a choice of UK-based GP's.



## Understand your health.

Once registered on the Member Zone you can complete your online Health Review which is designed to give you a snapshot of your health. By answering simple health related questions it will give you an understanding of how healthy you are.

### What is the Vitality Age?

Your online Health Review will also provide you with a Vitality Age – a scientific calculation that assesses the impact of your lifestyle on your health. Your Vitality Age may be higher or lower than your actual age but it's a great way of understanding your health in an easy and straightforward way. You'll need to do this at the start of every plan year.

### Know your key health numbers

You can also have a discounted Vitality Healthcheck<sup>1</sup> for £15 with our pharmacy network which will involve a number of measurements including your blood pressure, cholesterol and blood glucose to help you understand your health.

### How can Vitality help me to get healthier?

Once you understand how healthy you are, you can start using the Vitality partner discounts to help you with things like stopping smoking, losing weight and getting fitter. Vitality help you track your progress by giving you points for doing healthy things. These are called Vitality points.

## Get healthier.

### Get active

- **Virgin Active** - 40% off gym membership. A joining fee applies<sup>2\*</sup>
- **Nuffield Health Fitness & Wellbeing Clubs** - 40% off gym membership at selected clubs. A joining fee applies<sup>3\*</sup>
- **David Lloyd clubs** -40% off Individual Flexible Platinum membership at selected clubs. A joining fee applies<sup>4\*</sup>
- **parkrun** - Earn Vitality points when you run or attend as a volunteer
- **Garmin and Polar** - Get up to 40% off a range of devices once per plan year<sup>5</sup>
- **Runners Need** - 25% off a pair of sports shoes each plan year and 15% off full priced items, excluding electronics
- **Withings** - 40% off selected Withings devices<sup>6</sup>
- **Nike with Vitality** - Great prices on the exclusive Vitality collection by Nike<sup>7</sup>

### Eat well

- **WW** - Get a six month Workshops + Digital Plan for just £30

### Stop Smoking

- **Allen Carr's Easyway to Stop Smoking programme**

### Mindfulness and relaxation

- **Vitality Healthy Mind** - Earn Vitality points for mindfulness and relaxation sessions from a range of apps
- **Headspace** - meditation made simple, with 30% off an annual subscription
- **Calm** - rest, relax and take exclusive classes from the world-renowned mindfulness experts. Download the app for free with the option of taking out a premium monthly or annual subscription
- **Buddhify** - a one-off cost gives you access to guided meditations and a dedicated children's section if you want to take time out as a family.



**Earn 100 points for completing your online Health Review and you'll find out more about:**



**Your Vitality Age**



**Blood pressure**



**Cholesterol**



**Body mass index**



**Daily eating habits**



**Daily alcohol intake**



**Smoking**



**Weekly exercising**



**Mental health**

#### PARTNERS INCLUDE:



# Terms and Conditions.

Terms and conditions are correct as at February 2021. Please visit Member Zone at [vitality.co.uk/member](http://vitality.co.uk/member) for more information.

1. Vitality Healthcheck - The principal member can have one Vitality Healthcheck for £15 each per plan year.
2. Virgin Active - Flexible individual monthly membership. Joining fees are up to £50 for all clubs other than Classic Collection clubs, where joining fees are £75. This offer does not apply to Chiswick Riverside Health and Racquet club
3. Nuffield - Applies to one month contracts. A joining fee of £30 applies.
4. David Lloyd clubs - A joining fee of £60 applies. Initial three month membership period and then rolling month-to-month membership.  
\*Each adult member on a plan can have one discounted gym membership at either Virgin Active, Nuffield Health or David Lloyd clubs.
5. Garmin and Polar - You can get one discounted Polar or Garmin device per member aged 16 and over each plan year. P&P charges may apply.
6. Withings - One device per adult member each plan year. This is in addition to one discounted Garmin or Polar device per plan year. Postage and packing charges will apply.
7. Nike with Vitality - The Vitality price is only available on the Vitality collection from the online Vitality Nike store. There's a delivery charge of £4.95 per order, which we refund if the item is faulty. All products are subject to availability.

**Find out more.**

Visit Member Zone at [vitality.co.uk/member](http://vitality.co.uk/member)