

Vitality GP – Toolbox Talk

This Toolbox Talk has been designed to help you brief your teams and have a conversation about the new, free Vitality GP offering.

Here is the key information you'll need to brief your teams:

Eligibility

All permanent employees are eligible from 1st March 2021

What is covered?

- **Vitality GP** will give you free, quick and convenient access to video consultations to speak to a doctor about any aspect of your health
- You'll have access to four free online GP consultations a year
- Appointments are open seven days a week and available in minutes
- You can also book up to seven days ahead through your mobile – at home, work, or on the go!

How to access these benefits

- From Monday 1st March you will receive your membership number from Vitality, in the post or by email (from member@email.vitality.co.uk). Please keep an eye out for this information being delivered so you can start using this benefit. If you do not receive it, please contact the HR Helpdesk.
- From there you can download the Vitality GP app and start booking GP appointments straight away
- Remember to create a brand new password for your Vitality account – to keep your data and our systems safe.

What is not covered?

Prescriptions and follow-up treatments will be charged at private rates if you obtain them from your online consultation. The private cost will sometimes exceed the NHS prescription charge, so it's best to check the cost with your local pharmacy before submitting the prescription.

You can also ask for a discharge summary to be sent to your NHS GP to update them on any virtual consultations and recommendations. This can also be used as a follow-up with your registered GP for free or NHS cost prescriptions and treatment.

Amey information:

Full details can be found at: <https://www.amey.co.uk/hub/vitality-gp/> where you will find a step-by-step guide on accessing the app and booking a GP appointment, alongside the Vitality GP employee booklet and Terms & Conditions.

Vitality contact details

Email: VAW_Enterprise@vitality.co.uk