



Increase your Vitality status

When you do healthy things, we will give you points which count towards your Vitality status.

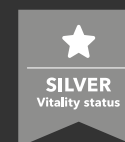
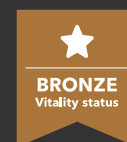
The more Vitality points you earn in a plan year, the higher your Vitality status will be. Everyone starts at Bronze status and then by earning points you'll progress to Silver, Gold and finally Platinum.

The higher your Vitality status, the bigger the discounts and rewards you could receive.

How can I earn Vitality points?

There's a whole host of ways you can earn Vitality points from using an [activity tracker](#), having a [Vitality Healthcheck](#), going to a [WeightWatchers Workshop](#), or you can work out at selected [Virgin Active](#), [Nuffield Health](#) or [PureGym](#) gyms.

See all the ways you can earn [Vitality points](#) overleaf.





How can I reach Silver?

By completing a few key activities, you should be able to reach Silver status pretty quickly – lots of members reach Silver in just four weeks!

If you're a non-smoker

Vitality activity	Points per event
Online Health Review	100
Vitality Healthcheck	240 (measurements taken)
Healthy BMI result	60
Healthy cholesterol result	60
Non-smokers test passed as part of a Vitality Healthcheck	200
Online non-smokers declaration	100
Earn 40 Vitality activity points using a linked activity tracking device or app	40
Total	800

If you're a smoker

Vitality activity	Points per event
Online Health Review	100
Vitality Healthcheck	240 (measurements taken)
Healthy blood glucose	60
Healthy blood pressure	60
Dental check-up	100
Earn 40 Vitality activity points a week for 6 weeks using a linked activity tracking device or app	240
Total	800

Why is there a maximum of 40 points a week for getting active?

We believe you need rest days to avoid burn out. That's why you can earn up to 40 Vitality points a week for any exercise activity, this includes visiting the gym, taking part in a **parkrun**, as well as activities measured with a linked activity tracking device.



Find out more.

Download the Vitality Member app to find out more and start tracking your points.