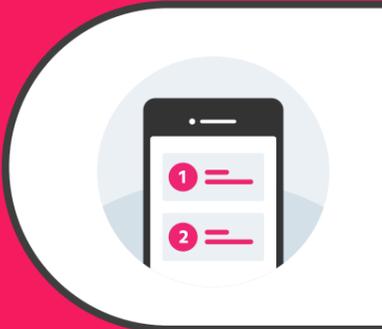




# Vitality in a nutshell.

1



Register on Member Zone at [vitality.co.uk/member](http://vitality.co.uk/member) and download the Vitality Member app

2



Find out how healthy you are with our online **Health Review** and **Vitality Healthcheck**

3

## Start earning **Vitality points**



Track activity with a fitness device



Or get active at the gym for less



And get Active Rewards



Get Mindful and Relax

4



Enjoy healthy discounts

We help you to live well



Increase your Vitality status



Look after your health



5

# A healthier you.

