



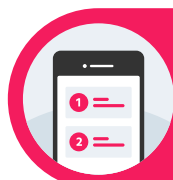
# What is the online Vitality Health Review?

The online Vitality Health Review is designed to give you a snapshot of your health. By answering a few simple questions it gives you an understanding of how healthy you are, and reveals your Vitality Age.

You'll need to complete this at the start of every plan year and make sure you're registered on Member Zone to do so.

## What is the Vitality Age?

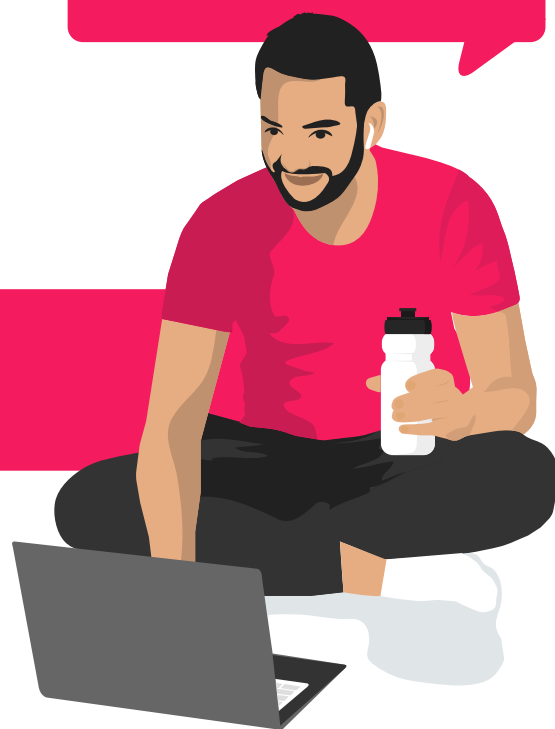
Your Vitality Age is a scientific calculation that assesses the impact of your lifestyle on your health. It may be higher or lower than your actual age and serves as an indication of your overall health.



**Complete your Vitality Health Review and find out your Vitality Age.**

## Know your key health numbers

You can also have a Vitality Healthcheck to help understand your health. Key measurements such as blood pressure, cholesterol and blood glucose will be taken during your Healthcheck.



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



**YOUR VITALITY AGE**



**BLOOD PRESSURE**



**BODY MASS INDEX**



**CHOLESTEROL**



**DAILY EATING HABITS**



**DAILY ALCOHOL INTAKE**



**MENTAL HEALTH**



**SMOKING**



**WEEKLY EXERCISING**



**For more information log into Member Zone**

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