

What is the Vitality Member Zone?

Vitality rewards you for being healthy. We make it easier for you to get active and stay active.

Some of the things you'll find on Member Zone:

Member Zone is your personal gateway to unlock the full benefits and rewards available to you in the palm of your hand.



1. Find out your Vitality Age

The online Health Review will help you understand your health in more detail, as well as offer expert advice on how to become healthier.



2. Track your activity - to earn more points

Link your fitness device or app to the Vitality Member app and start earning Vitality activity points. You can earn up to 40 Vitality activity points a week.



3. Earn rewards

You can earn regular coffee discounts for getting active. Earn 12 Vitality points a week for getting active and be rewarded.



4. Stay active for even bigger rewards

As you earn more points and raise your Vitality status, the rewards get bigger.



Register on Member Zone



Download the app

To find out more visit vitality.co.uk/memberzone