

Vitality Activity	Eligibility	Points per event	Maximum Activity Frequency	Maximum points per member per year	Where to earn these points?	Member requirements for submitting points
Getting started – Your Health Review unlocks the rewards and discounts of the Vitality programme. It gives you an idea of how healthy you are and helps you set your health and fitness goals.						
Health Review	All adults	100	1 per year	100	The Member Zone	Register on the Member Zone and complete review. Points will be added automatically.
Getting and staying healthy – To achieve your health goals you need to exercise, eat healthily, and maintain a sensible weight. We offer you a variety of ways to get active and stay healthy on a daily basis.						
Workout – gym session	All adults	10 per workout	10 points per day from any exercise activity (except 2 star Active Europe events). Maximum 40 points per week.	2080	At participating partner gyms	Swipe your card with the gym. Points will be added automatically.
Workout – Fitbug (pedometer)	All adults	5 points for reaching 10,000, 10 points for reaching 12,500 steps (per day)			Fitbug.com/pruvitality	Upload your steps to Fitbug website. Points will be added automatically.
Workout – Polar (heart rate computer)	All adults	Working out at 60% of your age related maximum heart rate: 5 points for 30 minutes, 10 points for 1 hr.			polarpersonaltrainer.com	Register as a Polar user and upload your exercise data to the Polar website. Points will be added automatically.
Organised fitness event (1 star)	All adults	10 points			activeeurope.com/pruvitality	Points will be added automatically
Organised fitness event (2 star)	All adults	20 points			activeeurope.com/pruvitality	Points will be added automatically
Goal setting	All adults as clinically appropriate.	Variable – dependant on goal eligibility and completion of goals.	As many goals as clinically appropriate. Unachieved goals reset after 3 months.	Variable – dependant on goal eligibility and completion of goals.	On the Member Zone once you have completed your Health Review.	You can have multiple goals running concurrently. To earn points for completion of any goal(s) set, you must submit evidence from a GP or screening partner on the Member Zone.
Buying fresh fruit and vegetables from Sainsbury's	All adults	1 point per £2 spent	£20 per adult per week	520	Any Sainsbury's store	Register your Nectar card on the Member Zone. Points will be added automatically.
Not smoking	All adults	200	1 per year	200	The Member Zone	Visit the Member Zone and make declaration. Points will be added automatically.
Stress Assessment	All adults	10 per assessment	5 every 6 months	100	The Member Zone	Visit the Member Zone and complete stress assessment. Points will be added automatically.
Create a meal plan	All adults	50	1 every six months	100	The Member Zone	Visit the Member Zone and create a meal plan for a healthier diet. Points will be added automatically.
Purchasing eligible sporting goods from eBay	All adults	20 points per eligible item purchased	3 per year	60	ebay.co.uk	Register your eBay ID on the Member Zone. Points will be added automatically when you purchase.
Monitoring your progress – Measure your progress through our health screens and fitness assessments.						
Body composition (measurement)	All adults	60	1 per year	60	Any of our screening partners or fitness assessment providers	Submit evidence of assessments and results on the Member Zone. Some providers will submit this for you, please check on the day.
Body composition (green zone)	All adults with BMI 18.5-24.9					
Fitness (measurement)	All adults					
Fitness (green zone)	All adults in 'Above average' zone or better					
Blood pressure (measurement)	All adults					
Blood pressure (green zone)	All adults with blood pressure 120/80 or better on both systolic and diastolic					
Cholesterol (measurement)	All adults					
Cholesterol (green zone)	All adults scoring < 5 mmol/l					
Random blood glucose (measurement)	All adults					
Random blood glucose (green zone)	All adults scoring < 6.1 mmol/l					
Check-ups and prevention – Make sure you have the vaccinations and clinical tests you need at various stages in your life.						
Completed vaccinations up to 12 months	Children between 0-14 months inclusive	100	1 set per lifetime	100	Any GP	Submit evidence of activity on the Member Zone. Points will be calculated and awarded accordingly.
Completed vaccinations up to 24 months	Children between 12-26 months inclusive					
Completed vaccinations up to 4 years	Children between 36-50 months inclusive					
Completed vaccinations up to 18 years	Children between 10-18 years inclusive					
Influenza vaccination	All adults 60+ or as clinically appropriate	150	1 of each per year	150	An optometrist	
Glaucoma testing	Adults 40+ or as clinically appropriate				Any dentist	
Dental check up	All adults and children				NHS screening centres or one of our screening providers	
Mammogram	Females 45+ or as clinically appropriate				Any GP or one of our screening providers	
Pap smear	Females 16+					
Prostate screening	Males 50+ or as clinically appropriate	50 static or 100 dynamic	1 ECG per year	100	One of our screening partners	
ECG	All adults					