

VITALITYMED

VitalityMed works in much the same way as Vitality points. Just as you earn points for looking after your health, if you have an eligible chronic condition such as diabetes or asthma, you can earn additional points for managing that condition.

The table below shows a breakdown of these points. Please refer to your Welcome Pack for more details.

Category Limits

Vitality recognises that keeping yourself healthy has many aspects, which should all be addressed. To ensure points earning is balanced across the categories there are limits to the number of points you can earn in each category, each year, this includes points earned through VitalityMed.

CATEGORY	INDIVIDUAL	FAMILY
Screening	1,200	2,400
Not Smoking	200	400
Nutrition	1,000	2,000
Exercise	1,500	3,000
Education	400	800
General	50	100

VITALITYMED ACTIVITIES

	VITALITY ACTIVITY	ELIGIBILITY	POINTS PER EVENT	MAXIMUM ACTIVITY FREQUENCY	LIMIT FOR INDIVIDUAL IN A YEAR	LIMIT FOR FAMILY IN A YEAR	WHERE TO EARN THESE POINTS	MEMBER REQUIREMENTS FOR SUBMITTING POINTS
SCREENING	VitalityMed registration points	Hypertension (high blood pressure), asthma, chronic obstructive pulmonary disease, hyperlipidaemia (high cholesterol), diabetes	300 per event	1 per year	300	600	Phone PruHealth	Submission from your GP with confirmation of your condition, approximate duration since condition started, brief description of the progression and severity of the condition, doctor's contact details
	Flow volume measurement	Asthma, chronic obstructive pulmonary Disease	100 per event	2 per year	200	400	Any GP, or one of our screening providers	If not through a Vitality partner, please submit: type of screening event, date, doctor's name, doctor's contact details
	Frequent glucose test	Diabetes	50 per event	2 per year	100	200	Any GP, or one of our screening providers	As above
	Frequent cholesterol screening	Hypertension (high blood pressure), hyperlipidaemia (high cholesterol), diabetes	50 per event	1 per year	50	100	Any GP, or one of our screening providers	As above
	Flu vaccination	Asthma, chronic obstructive pulmonary disease, diabetes	50 per event	1 per year	50	100	Any GP	As above
	Maintaining blood pressure over six month period	Hypertension (high blood pressure), hyperlipidaemia (high cholesterol), diabetes	30 for maintaining a healthy Vitality level	1 per half year	60	120	PruHealth participating gyms or our screening providers	As above
	Improving blood pressure over six month period	Hypertension (high blood pressure), hyperlipidaemia (high cholesterol), diabetes	50 per Vitality level improved	1 per half year	100	200	PruHealth participating gyms or our screening providers	As above
NOT SMOKING	Being a non-smoker	All VitalityMed registered members	50 per year declaration made	1 per year	50	100	Declaration to PruHealth	Phone PruHealth
	Maintaining target BMI band over six month period	All VitalityMed registered members	30 for maintaining a healthy Vitality level	1 per half year	60	120	Our fitness assessments and screening providers	As above
NUTRITION	Improving target BMI band over six month period	All VitalityMed registered members	50 per Vitality level improved	1 per half year	100	200	Our fitness assessments and screening providers	As above
	Maintaining body fat target over six month period	All VitalityMed registered members	30 for maintaining a healthy Vitality level	1 per half year	60	120	Any of our screening providers	As above
	Improving body fat target over six month period	All VitalityMed registered members	50 per Vitality level improved	1 per half year	100	200	Any of our screening providers	As above
	Creating healthy meal plan online	All VitalityMed registered members	20 per event	1 per half year	40	80	PruHealth Member Zone	Visit PruHealth Member Zone and create online meal plan.
	Maintaining fitness rating over six month period	All VitalityMed registered members	100 for maintaining a fitness level 'average' or better	1 per half year	200	400	Our fitness assessments	As above
EXERCISE	Improving fitness rating over six month period	All VitalityMed registered members	150 per Vitality level improved	1 per half year	300	600	Our fitness assessments	As above
	Gym workout	All VitalityMed registered members	5 per workout	15 per month	750	1,500	At PruHealth participating gyms	None – points captured automatically
	Fitness assessment	All VitalityMed registered members	150 per assessment	1 per half year	300	600	At PruHealth participating gyms	As above
	Organised fitness event (1 star)	All VitalityMed registered members	30 per event	10 per year	300	600	www.activeeurope.com/pruvitality	None – points captured automatically
	Organised fitness event (2 star)	All VitalityMed registered members	30 per event	10 per year	300	600	www.activeeurope.com/pruvitality	None – points captured automatically
	Use a Fitbug (Pedometer)	All VitalityMed registered users	5 points per 12,500 daily steps OR 2 per 10,000 daily steps	Maximum 15 per month (per target)	750	1,500	www.fitbug.com/pruvitality	Upload stats to Fitbug website, points captured automatically
	EDUCATION	Reading self-help articles	All VitalityMed registered members	5 per article	3 per month	100	200	PruHealth Member Zone
Stress zone		All VitalityMed registered members	20 per assessment	1 per half year	40	80	PruHealth Member Zone	Visit PruHealth Member Zone and read self-help literature. Points will be added automatically