

# VITALITY POINTS

The Vitality table below shows the various Vitality activities that could help you earn rewards with PruHealth.

## VITALITY ACTIVITIES

### 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

	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	WHAT YOU HAVE TO DO
SCREENING	Flu vaccination	All adults	100 per event	1 per year	100	200	Any GP	Call 0800 092 7333 giving details of activity, date and doctor's name and contact details
	Regular check-ups for child/baby	Children < 12 years	150 per event	1 per quarter	600	1,200	Any GP	As above
	Completed vaccinations	Children < 24 months	150 per event	1 per year	150	300	Any GP	As above
	Mammogram	Females > 45 years	150 per event	1 per year	150	300	NHS Screening Centres or one of our screening providers	As above
	Glaucoma testing	Adults > 40 years	150 points in each of the two years	Once every two years	150	300	An optometrist or one of our screening providers	As above
	Glucose testing (HbA1c)	Adults > 40 years	150 points in each of the two years	Once every two years	150	300	Any GP or one of our screening providers	As above
	Basic Health Screen**	All adults	200 per screen	1 per half year	400	800	Any of our screening providers	Fax your results from the PruHealth provider to 0800 015 2974 within 45 days of the event
	Full Health Screen**	All adults	400 per screen	1 per half year	800	1,600	Any of our screening providers	As above
	Dental check-up	Children < 12 years	100 per event	1 per year	100	200	Any dentist	Call 0800 092 7333 giving details of activity, date and doctor's name and contact details
	Pap smears	Females > 16 years	150 per event	1 per year	150	300	Any GP or one of our screening providers	As above
	Cholesterol screening	Males > 35 years Females > 45 years	150 points in each of the five years	Once every five years	150	300	Any GP or one of our screening providers	As above
	Prostate screening	Males > 50 years	150 per event	1 per year	150	300	Any GP or one of our screening providers	As above
	Maintaining blood pressure over six month period	All adults	50 per healthy Vitality level maintained	1 per half year	100	200	Our fitness assessments and screening providers	As above
NOT SMOKING	Improving blood pressure over six month period	All adults	100 per Vitality level improved	1 per half year	200	400	Our fitness assessments and screening providers	As above
	Being a non-smoker*	All adults	150 per year declaration made	1 per year	150	300	Declaration to PruHealth	Visit PruHealth Member Zone and make declaration. Points will be added automatically.
NUTRITION	Quit smoking with Allen Carr*	Adult smokers	150 points	Once	150	300	Allen Carr clinics	Points will be added automatically
	Maintaining target BMI band over six month period	All adults	50 for maintaining a healthy Vitality level	1 per half year	100	200	Our fitness assessment and screening providers	Points will be added automatically or members may be required to fax back their results to: 0800 015 2974.
	Improving target BMI band over six month period	All adults	100 per Vitality level improved	1 per half year	200	400	Our fitness assessment and screening providers	As above
	Maintaining body fat target over six month period	All adults	50 for maintaining a healthy Vitality level	1 per half year	100	200	Any of our screening providers	As above
	Improving body fat target over six month period	All adults	100 per Vitality level improved	1 per half year	200	400	Any of our screening providers	As above
	Creating healthy meal plan online	All adults	50 per event	1 per half year	100	200	PruHealth Member Zone	Visit PruHealth Member Zone and create online meal plan. Points will be added automatically.
EXERCISE	Healthy foods through Sainsbury's	All adults	1 point for every £2 spent	10 points per week (individual). 20 points per week (family)	520	1,040	Purchasing fresh fruit and vegetables from Sainsbury's	Register your Sainsbury's Nectar card on the PruHealth Member Zone – points will then be added automatically
	Maintaining fitness rating over six month period	All adults	200 for maintaining a fitness level 'average' or better	1 per half year	400	800	Our fitness assessments	Points will be added automatically or members may be required to fax back their results to: 0800 015 2974.
	Improving fitness rating over six month period	All adults	300 per Vitality level improved	1 per half year	600	1,200	Our fitness assessments	As above
	Gym workout***	All adults	10 per workout	1 per day, maximum 15 per month	1,500	3,000	At PruHealth participating gyms	Swipe your card with the gym. Points will be added automatically
	Fitness assessment	All adults	300 per assessment	1 per half year	600	1,200	At PruHealth participating gyms	Points will be added automatically
	Organised fitness event (1 star)	All adults	50 per event	10 per year	500	1,000	www.activeeurope.com/pruvitality	Points will be added automatically
	Organised fitness event (2 star)	All adults	100 per event	10 per year	1,000	2,000	www.activeeurope.com/pruvitality	Points will be added automatically
GENERAL	Fitbug (pedometer)***	All adults	10 points for reaching 12,500 steps and 5 points for reaching 10,000 (per day).	1 per day	1,500	3,000	www.fitbug.com/pruvitality	Upload steps to Fitbug website. Points will be added automatically.
	Purchasing eligible sporting goods from eBay	All adults	40 points per eligible item purchased	3 per year for individuals 6 per year for families	120	240	www.ebay.co.uk	Register your eBay ID on our Member Zone. Points will then be added automatically
	Personal Health Review	All adults	100 per year	1 per year	100	200	PruHealth Member Zone	Register at PruHealth Member Zone and complete survey. Points will be added automatically.
	Reading self-help articles	All adults	10 per article	3 per month	200	400	PruHealth Member Zone	Visit PruHealth Member Zone and read self-help literature. Points will be added automatically.
GENERAL	Stress zone	All adults	50 per assessment	1 per half year	100	200	PruHealth Member Zone	Visit PruHealth Member Zone and complete stress test. Points will be added automatically.
	Points for logging onto PruHealth website at start of policy	All adults	50 per event	1 per policy lifetime	50	100	PruHealth Member Zone	Visit www.pruhealth.co.uk and register. Points will be added automatically.

\*Members are entitled to points from one not smoking activity only. \*\*Members can earn a maximum of 800 points for Full and Basic Screen activities combined. \*\*\*Members can earn a maximum of 10 points per day for gym and Fitbug (pedometer) activities combined.