

Get Active. Get Rewarded.





Achieve weekly targets with Standard or Advanced Workouts and get rewarded with a spin of the Vitality Wheel[™] to win Vitality Points[®] or a gift card.



Qualifying workouts include: working out at the gym, using an approved fitness device or mobile app that tracks steps or calories burned. Vitality will easily track and verify your workouts as your work toward achieving your weekly target.



It has been great getting a fitness device, being more aware of how many steps I get each day, and then having the Active Rewards goal each week. Often that means that I'll push myself to get in more steps and get an Active Reward spin on Saturday or Sunday! I think I've upped my step count and it helps me feel less stressed.

– Vitality Member, Rachel W.