**Higher status = greater rewards**

*Markets to localise*

If you’re wondering what your Vitality status means, this quick read is for you. Firstly, a higher status means you’re living a healthier life. Secondly, we rank our status in colour, moving from Bronze up to Platinum. And, as you complete activities to take care of your health, you earn Vitality points. These points then move you up in Vitality status level.

Not only do you get healthier as you move up in level, but you enjoy better rewards too.

**Activities = points = status = rewards**

When you join the programme, you start at the Bronze Vitality status. To progress to each level, you need to earn a fixed number of points. Remember, as you complete activities in the programme, you earn points. Here’s howmanyVitality points you need for each status:

* Start on Bronze status
* Earn 10 000 points and move to Silver status
* Earn 20 000 points and move to Gold status
* Earn 30 000 points and move to Platinum status

You can browse the Vitality app to see where you can earn points (and how many!) to unlock all the additional perks that come with a higher status. Some of these perks include premium discounts, weekly coffees and travel benefits from our network of reward partners.

Get healthy, increase your status level, and enjoy your rewards!