**Know your numbers**

At Vitality, we recommend that you get a Vitality Health Check once a year to find out your “numbers”. But, why?

**Your numbers – or health metrics – are an important part of understanding your overall health and wellness**. And, when you understand your current state of health, this gives you the knowledge to act how you need to.

As part of your Vitality Health Check, these metrics include blood pressure, blood glucose, blood cholesterol, and weight and waist measurements.

Each measure has a healthy range recommended by clinical experts. Having these measures outside of the healthy range means you’re more at risk for developing lifestyle diseases like diabetes, hypertension, heart disease and stroke.

You’ll not only learn your personal numbers through the Vitality Health Check, but you’ll also earn points when you have this health screening done. And, when your numbers are in the healthy range, you’re able to earn boosted points.

To get your Vitality Health Check, visit a participating partner or your healthcare provider.

**It’s time to learn your numbers and take control of your health.**