**You’re only as old as your Vitality Age**

*... so, let’s lower that*

It’s one simple number but it can tell you a lot about your health: it’s your Vitality Age – a quick online assessment to help you understand your health and any health risks you may have.

If you’re just curious about how healthy you are, or looking for easy ways to improve your health, the best first step is to find out your Vitality Age. This personalised tool looks at your overall wellness and measures things like how active you are, how healthy your diet is and what your level of stress is.

**Here are answers to some commonly asked questions about Vitality Age:**

1. **What is Vitality Age?**

Vitality Age measures how healthy you are compared to what your actual age is. The difference between your Vitality Age and your actual age is called your Vitality Age gap – and our research shows that this number is the number of *extra* years you will live in good health compared to the average person.

1. **How can I find out mine?**

You can find out your Vitality Age – and earn Vitality points! – by completing a health assessment in the Vitality app. It only takes 10 minutes to answer this quick set of health and wellness questions about your health and habits which will then calculate your Vitality Age.

1. **How can I make my Vitality Age younger?**

You can lower your Vitality Age through healthy activities that reduce your risk factors and add healthier years to your life.

The great news is that you can keep improving your Vitality Age just by making small changes to your health habits – with us by your side to help.