

Example of how you can achieve Silver, Gold and Platinum Status

See the example below on how Todd could save on his next year's premium by earning Vitality points. Todd is a single man, aged 28 and lives outside London.

<p>50% no claims savings - (Silver Vitality status)</p> <p>Todd starts on Bronze status and then participates in the following activities so he can reach Silver status:</p> <ul style="list-style-type: none">- Uses Fitbug (pedometer) once a fortnight to reach target steps = 260 Vitality points- Gym workout once a week = 520 Vitality points- Is a non-smoker = 150 Vitality points- Has a free fitness assessment = 300 Vitality points <p>Total Vitality points = 1,230 (50% savings)</p>	<p>75% no claims savings - (Gold Vitality status)</p> <p>See how Todd can increase his no claims savings to 75% just by completing activities in the PruHealth online Member Zone</p> <ul style="list-style-type: none">- Visits the PruHealth Nutrition Zone and creates a healthy meal plan once every 6 months = 100 Vitality points- Reads two self-help articles a month on the Member Zone = 200 Vitality points <p>Total Vitality points = 1,530 (75% savings)</p>	<p>100% no claims savings - (Platinum Vitality status)</p> <p>See how Todd can increase his no claims savings to 100% with even more effort:</p> <ul style="list-style-type: none">- Has a full comprehensive health screen = 400 Vitality points- Has a flu vaccination = 100 Vitality points <p>Total Vitality points = 2,030 (100% savings)</p>
--	--	---