



# Staff Benefits Savings and Discounts

## New Year, New You!

See how Staff Benefits can save you money on everything from healthy eating and gym memberships to activewear, accessories and even fun and relaxing ways to chill-out on your days off.



65% off 1st box + 30% off for the next 2 months at Hello Fresh with Blue Light Card



All NHS employees can save up to 50% on a monthly membership with an exclusive NHS Better Health UK membership for £33 per month.



Corporate fitness membership available for Cardiff and Vale UHB colleagues



'FREE 3 Day Pass' at Penarth Leisure Centre for Cardiff and Vale UHB staff



10% off memberships at Pure Gym plus no joining fee with Health Service Discounts



Save 47% off bestsellers at MyProtein with Blue Light Card



65% off your first box and 20% off all boxes for two months with Gousto at NHS Staff Benefits



Discounted corporate membership with Blue Light Card - includes access to Penarth, Cowbridge, and Llantwit Major Leisure Centres



Save 10% on full price and sale items at Gymshark with Health Service Discounts



Save 10% off JD Sports with VoucherCodes NHS Discounts



10% NHS discount at Sports Direct with Health Service Discounts



Check out the Cardiff and Vale Staff Benefits savings and discounts [here](#) or by scanning the QR code



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro  
Cardiff and Vale University Health Board