

VITALITY LAUNCH





Ĥ: **R329** | ĤĤ: **R399** | ĤĤ⁺: **R465** |

Ĥ: **R99 |** + Ĥ: + **R59**

NO MORE EXCUSES - JOINING THE GYM HAS NEVER BEEN EASIER!

Vitality members currently enjoy access to the richest gym benefit in the industry, with up to 75% off at Virgin Active or Planet Fitness gyms.

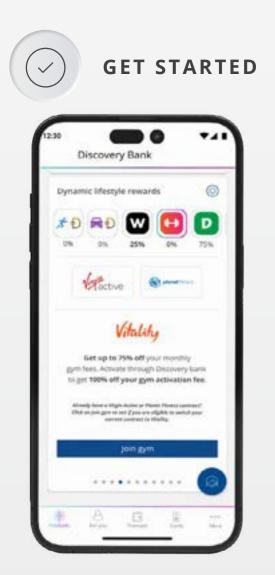
Now we're making it even easier to take that first step and join the gym with instant gym activation directly within the Discovery Bank app. This functionality is available to all Vitality members through their Discovery Bank accounts, including the Discovery Account which has zero monthly fees. All with no gym activation fee!



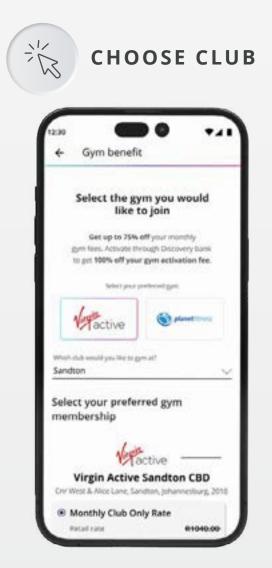


Commit to a healthier lifestyle anywhere, anytime with instant gym activation in the Discovery Bank app - with no activation fee!

Vitality members can activate their gym contract at any time and access one of the most popular benefits on the Vitality programme. By leveraging off the secure payment functionality of Discovery Bank, gym activation is quicker and easier than ever before.

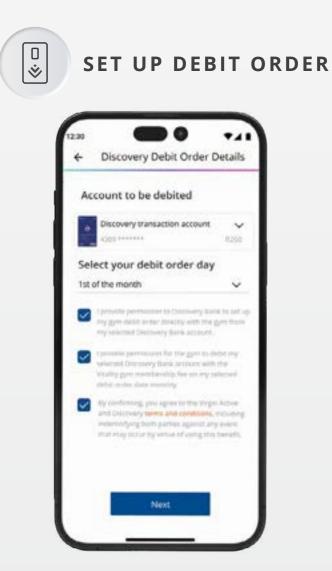


Enjoy a fast-tracked process in confirming personal details, enabled by the advanced identity verification functionality used when joining Discovery Bank.



Choose your membership type and preferred club to view the discounted monthly gym membership fee payable.

When joining through the Discovery Bank app, there will be no gym activation fee. Members joining the gym from October 2022 until the benefit goes live in January 2023 will get their activation fee refunded in Discovery Miles if they set up their monthly gym debit order and pay the activation fee from a Discovery Bank account. Discovery Bank clients who are not Vitality members will also be able to use this process to join the gym, and will enjoy a 10% discount.



Select the preferred Discovery Bank account from which the monthly debit order will be paid.



Go to the gym, receive an access card and start exercising.

JOINING THE GYM HAS NEVER BEEN EASIER! // 04





JOINING THE GYM HAS NEVER BEEN EASIER

INTRODUCING THE VITALITY **HEALTHYWEIGHT PROGRAMME**

Having excess weight can diminish almost every aspect of an individual's health, from respiratory function to memory and mood. Vitality recognises the difficulties and hurdles members face when trying to manage their weight. That's why, in 2023, Vitality is introducing an affordable, end-to-end personal coach-driven weight management programme, and making it even more accessible to those who need it most.



THE VITALITY HEALTHYWEIGHT PROGRAMME

Maintaining a healthy weight is crucial to long-term health

Obesity increases the risk of several debilitating and chronic conditions, including diabetes, heart disease and certain cancers. Over 46% of Vitality members who complete a health check record an out-of-range waist-adjusted body mass index (BMI) reading, placing them at elevated health risks if left unmanaged.

Waist-adjusted BMI is a well-known predictor of health and mortality outcomes. Globally, research shows that a person's risk of chronic disease and premature death increases at BMI ranges higher than 25 and lower than 18.5. Members with BMI ranges over 30 face notably higher health risks.

POOR WEIGHT MANAGEMENT IS A CONCERN

1 in 2 South African adults are

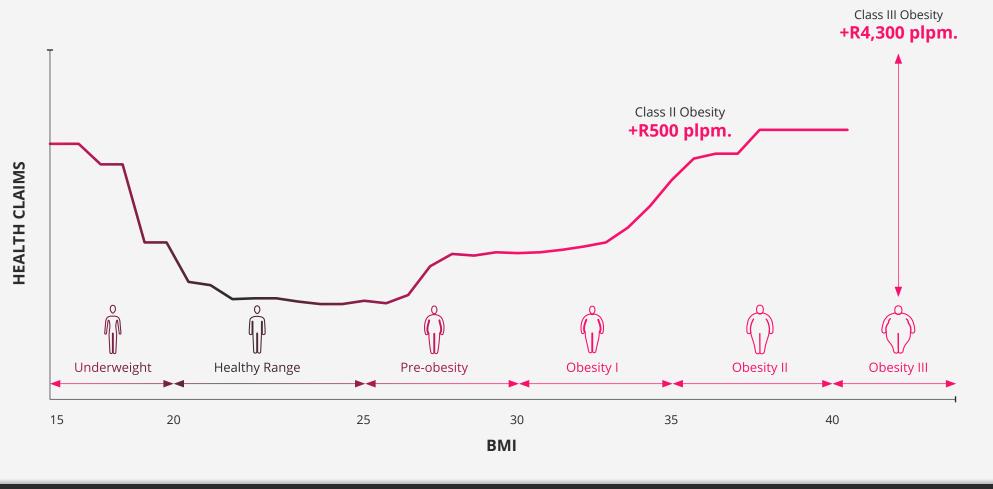
overweight or obese

46%

of Vitality members completing a Vitality Health Check have at-risk or high-risk waist-adjusted BMI.

OBESITY IS A DRIVER OF DETERIORATING HEALTH OUTCOMES

Based on Discovery data, Vitality members with unhealthy BMI ranges experience significant increases in healthcare claims cost. Members with an out-of-range BMI are five times more likely to develop diabetes and four times more likely to develop hypertension than members with an in-range BMI. These comorbidities have a direct impact on the health and health claims of members, which increase as they move further out of range.



To assess the weight status of its members, Discovery uses waist-adjusted BMI, which combines BMI with waist circumference. Given the strong correlation between waist circumference and visceral fat, incorporation of waist circumference allows for an accurate distinction between weight resulting from fat and weight resulting from lean muscle mass. This allows for a more accurate classification of weight status among members.

HEALTH RISK IS MITIGATED WITH EXERCISE AND HEALTHY EATING

While physical activity and good nutrition are crucial to achieving healthier weight outcomes in their own right, a combination of these interventions yields the best results:

6 kg – 12 kg

Average weight loss from healthy eating and exercise over a 3 - 6 month period.

30%

Greater likelihood of maintaining a healthy weight over the long term when regular exercise is combined with healthy eating.

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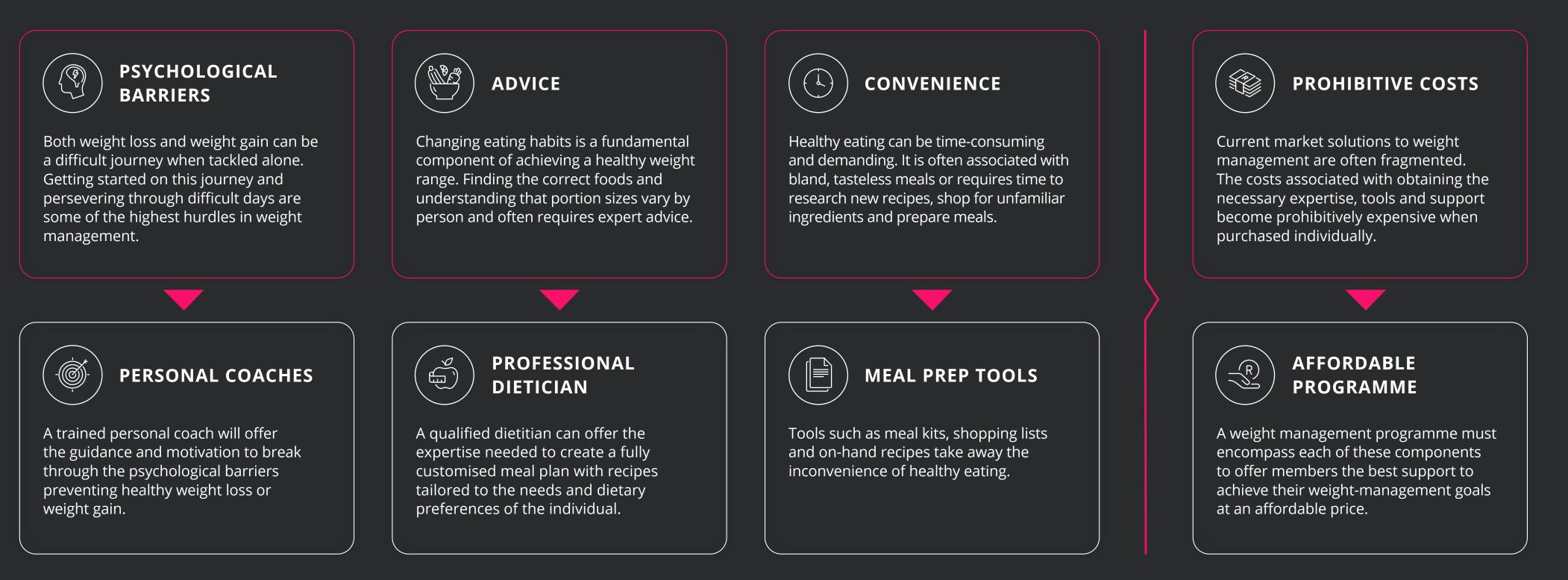
Weight management is complex

While many Vitality members are well informed on the risks associated with an unhealthy weight, there are multiple hurdles that make weight management a challenge.

Challenges to achieving a healthy weight:

HURDLES

SUPPORT REQUIRED



Vitality has invested in consolidating coaching, expertise and convenience into a single weight management solution to deliver a highly effective programme at affordable rates.







Introducing the Vitality HealthyWeight Programme

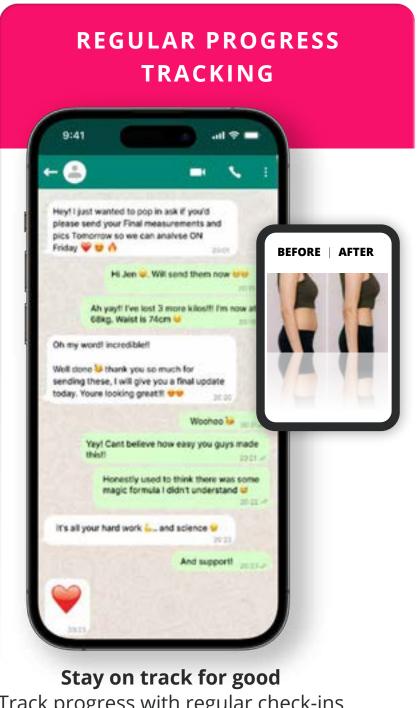
In 2023, Vitality members will have access to a new, personalised weight-management solution aimed at motivating them to eat more healthily and maintain a healthy lifestyle. This hands-on, customised weight-management programme is led by a personal nutrition coach at highly affordable rates. The Vitality HealthyWeight programme has been designed to support members through their entire weight-management journey. From food shopping to cooking and meal preparation, members will receive daily encouragement and personalised support from their very own nutrition coach, helping them to stay on track to achieve their weight-management goals.

CUSTOMISED MEAL PLANS, DAILY PERSONALISED **RECIPES, SHOPPING LISTS** COACHING Today's meals 🔰 Sara Vitality HW 🔤 🔍 Just popping in to remind you to please send a lunch pic when you can 🕵 🚳 Meals Chicken and rice bowl for lunch Friday +27 82 436 1224 Very nice lunch Hope your day went super well 😤 Final reminder for the day- please remember to send a dinner pic when you can. Have a lovely evening!

OFFERING MEMBERS EVERYTHING THEY NEED FROM A WEIGHT MANAGEMENT PROGRAMME 01 |

Hands-on nutrition support Receive daily guidance and on-demand support from a qualified nutrition coach, available on WhatsApp 12 hours a day, six days a week.

Customised convenience Members access weekly meal plans, recipes and shopping lists customised to their dietary preferences and schedules, using simple and affordable ingredients.



Track progress with regular check-ins every three weeks by sharing updated weight and waist measurements.

02 | HIGH PROGRAMME SUCCESS ACHIEVED WHEN PILOTED WITH VITALITY MEMBERS

As part of a pilot phase to ensure the efficacy of the programme, over 300 Vitality members were enrolled in the programme. The pilot demonstrated high engagement rates with significant weight improvement outcomes.

Participants engaged 98% daily with their coach Average body-weight 5% improvement at the third check-in Average waist-circumference 🛏 📕 📕 🛛 improvement

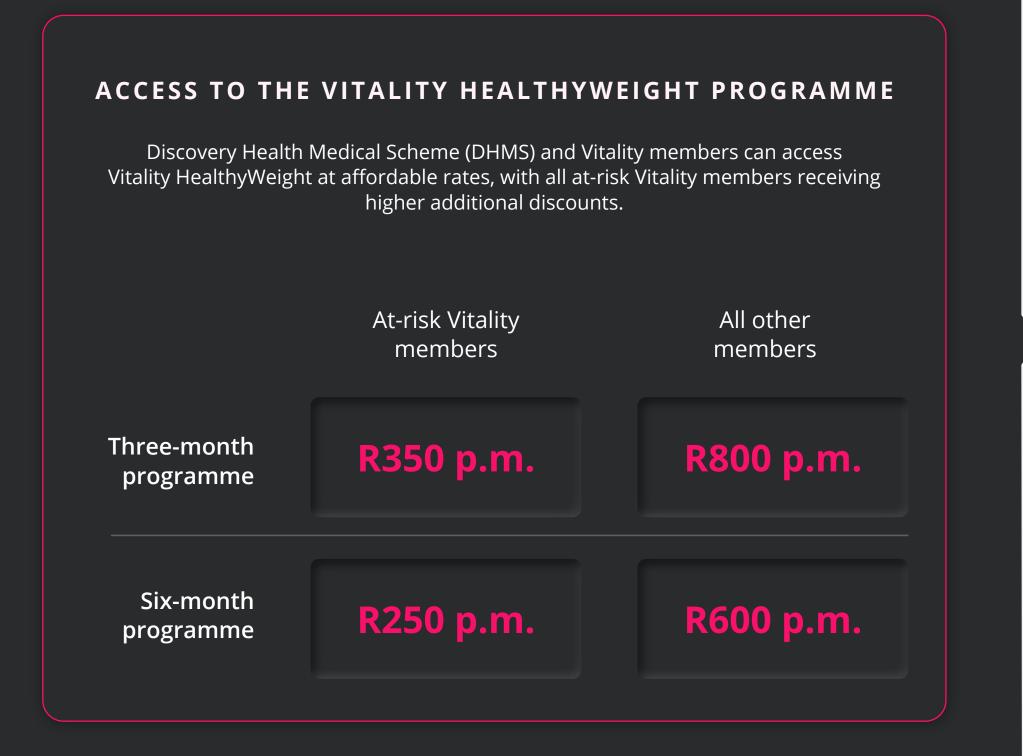
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INTRODUCING THE VITALITY HEALTHYWEIGHT PROGRAMME



Affordable access to the Vitality HealthyWeight Programme

The time and monetary costs of regular visits to the dietitian and the limited personalisation achieved through fully digital programmes can discourage members from achieving their healthy weight goals. The Vitality HealthyWeight programme brings together the best of each of these elements - offering members a fully personalised weight-management programme at the most affordable rate in the market. The programme is further discounted for members with at-risk or high-risk weight indicators.



The Vitality HealthyWeight **Other digital programmes Dietitian visits** Programme Dedicated, personalised Fully digital with limited 30-minute bi-weekly coaching, available or no human interaction sessions six days a week R900 R720 R250 - R600 Bi-weekly dietitian Vitality HealthyWeight Other digital programmes consultations

THE VITALITY HEALTHYWEIGHT PROGRAMME OFFERS THE BEST VALUE IN THE MARKET

Daily coaching
by a nutritionistImage: Consultation of the digital programmed of the digital

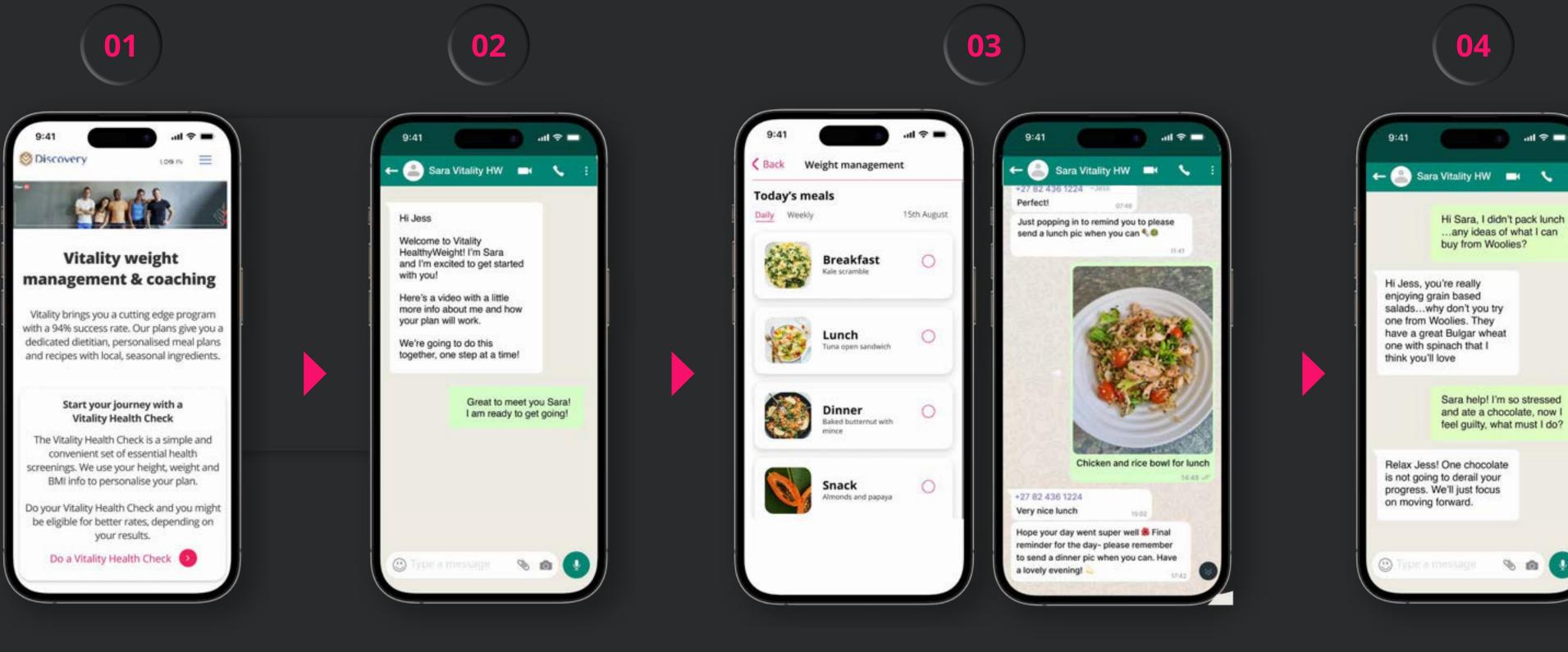
INTRODUCING THE VITALITY HEALTHYWEIGHT PROGRAMME

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THE VITALITY HEALTHYWEIGHT PROGRAMME

Making healthy eating simple and convenient with the Vitality HealthyWeight Programme



Sign up for the Vitality HealthyWeight Programme via the Discovery app or website

Meet the personal HealthyWeight coach via Whatsapp, choose dietary requirements and get started

Receive guidance from the coach on how to access personalised meal plans, recipes and shopping lists, and share meal pictures daily

Get support, guidance and assistance from the coach anytime, with the coach on-hand 12 hours a day, six days a week

INTRODUCING THE VITALITY HEALTHYWEIGHT PROGRAMME



THE VITALITY HEALTHYWEIGHT PROGRAMME

VITALITY ACTIVE REWARDS: THE NEXT EVOLUTION

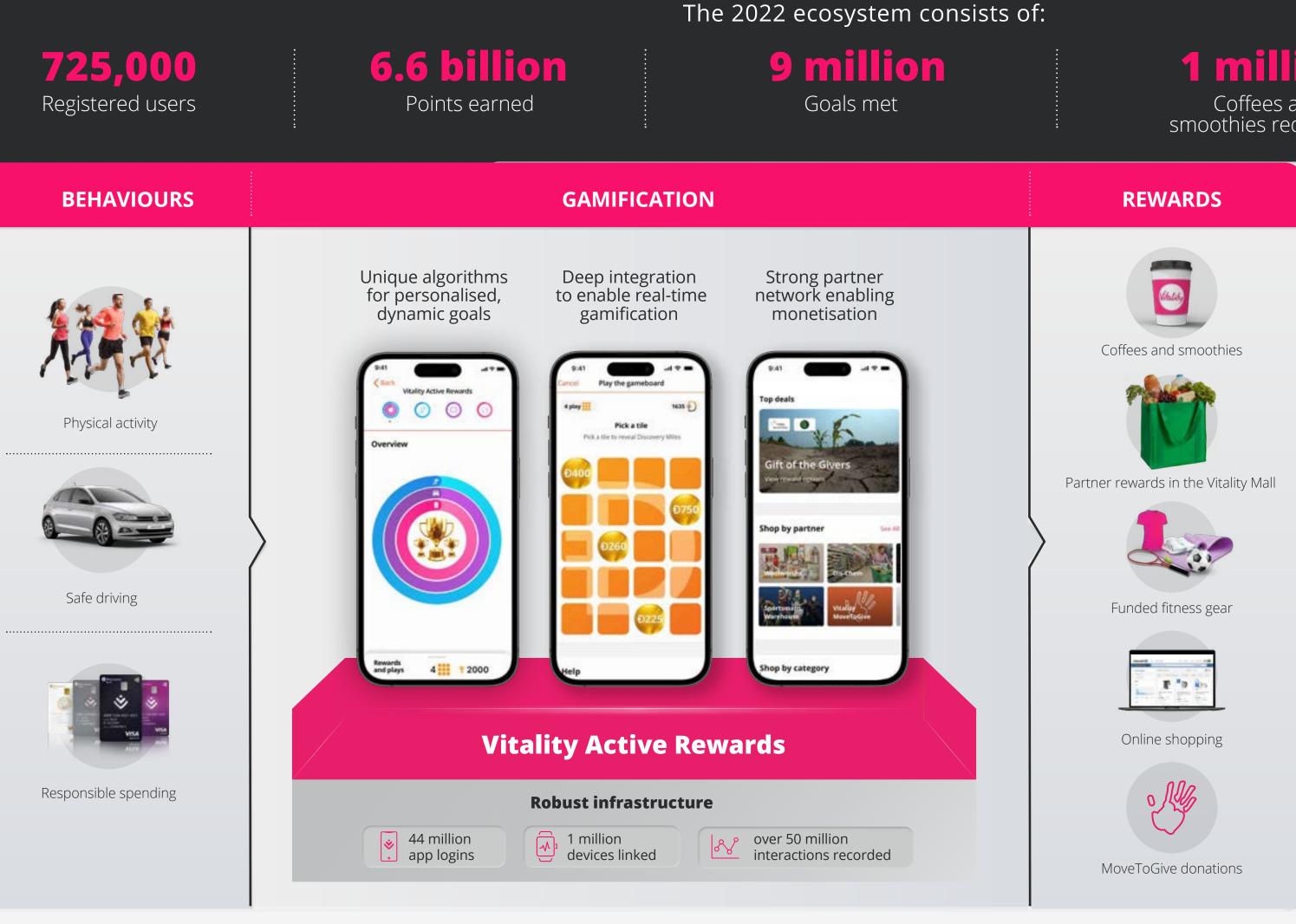
Vitality Active Rewards is being enhanced to increase and sustain engagement, with dynamic and improved Spend and Drive goals, rewards for overachievement and streaks, and the choice of an instant reward or gameboard play, on a massively expanded and personalised gameboard.



VITALITY ACTIVE REWARDS: THE NEXT EVOLUTION // 11

Vitality Active Rewards adopts key principles of behavioural science to offer members a consistent goal mechanism in the form of a weekly, personalised goal, while rewarding them through a flexible rewards platform that monetises their healthy behaviours.





2 billion per year

earned through the Vitality Active Rewards ecosystem



smoothies redeemed

D11 million

Donated through MoveToGive

HAPPIER AND HEALTHIER MEMBERS

Vitality Active Rewards users are typically more engaged. On average, they have activated 4 times more Vitality benefits and log into their app 36 times more each month. These members value the programme greatly, represented with 56% lower lapses for Vitality Active Rewards users.

SUCCESSFULLY GROWING PARTNER ECOSYSTEMS

With the growth in Discovery Miles earned through Vitality Active Rewards and the introduction of the Active Rewards Mall, the opportunity for partners continues to grow. Coffees and smoothies remain two of the most popular rewards with more than 1 million redeemed in the first eight months of this year.

BETTER SOCIETY

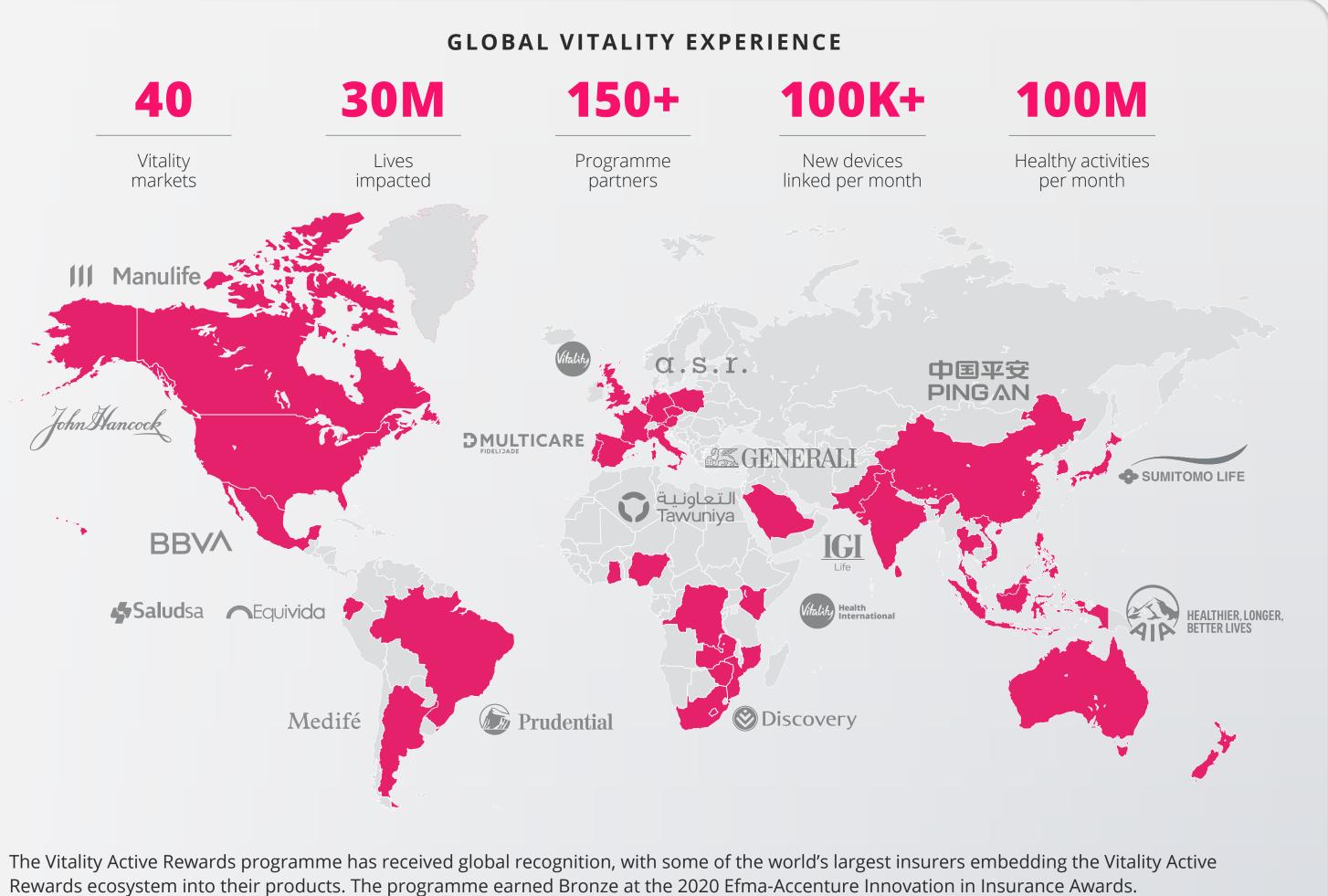
With over 6.5 million Exercise goals achieved, 1.4 million safe driving goals achieved, and 1.1 million responsible spending goals achieved in 2022, Vitality Active Rewards has created a fitter, safer and a more financially healthy society.

VITALITY ACTIVE REWARDS: THE NEXT EVOLUTION

Vitality Active Rewards is changing lives across the globe

Following the incredible success of the South African Vitality Active Rewards programme, the model has since been exported globally.

The ecosystem transcends cultural, market and language barriers, having been embedded across 40 Vitality markets, in over 150 partner programmes, impacting 30 million lives across the world.



VITALITY ACTIVE REWARDS: THE NEXT EVOLUTION

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The evolution of Vitality Active Rewards

Vitality Active Rewards has consistently evolved over the past 7 years. Every stage of its evolution has brought new levels of personalisation, greater gamification and exciting incentives to get more members more engaged and rewarded.

THROUGH CONSTANT EVOLUTION, VITALITY ACTIVE REWARDS HAS GROWN TO OVER 725,000 REGISTERED USERS.

2015

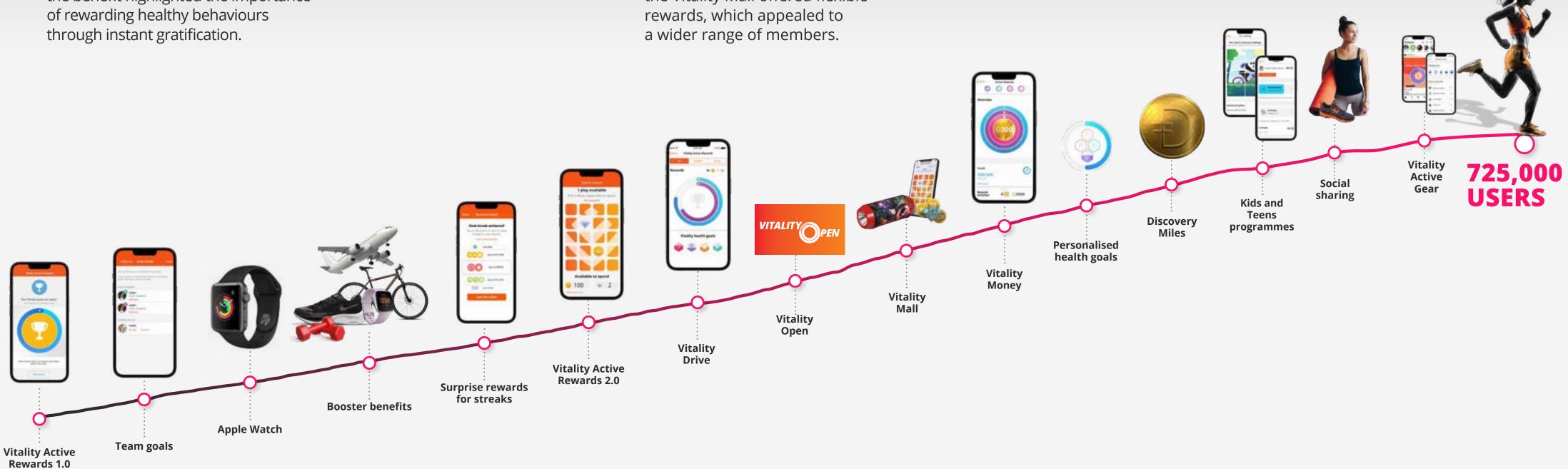
Vitality Active Rewards started as a simple, one-dimensional benefit with a fixed reward earned for achieving the weekly goal. The dramatic take-up of the benefit highlighted the importance

2017

The introduction of surprise rewards added the excitement of earning greater, more flexible rewards for ongoing engagement.

2018

A new level of gameplay was added with the introduction of the gameboard in Vitality Active Rewards 2.0. The addition of the Vitality Mall offered flexible



The launch of Discovery Bank enabled the monetisation of activity into Discovery Miles a flexible currency that is more valuable than cash.

2019

2020-2021

The development of Vitality Active Rewards for Kids and Teens extended the programme to the whole family and tailored incentives to create engagement across all ages.

Introducing Vitality Active Rewards 3.0

In 2023, the Vitality Active Rewards programme will evolve to the next level of personalisation and gamification across each of the following dimensions:



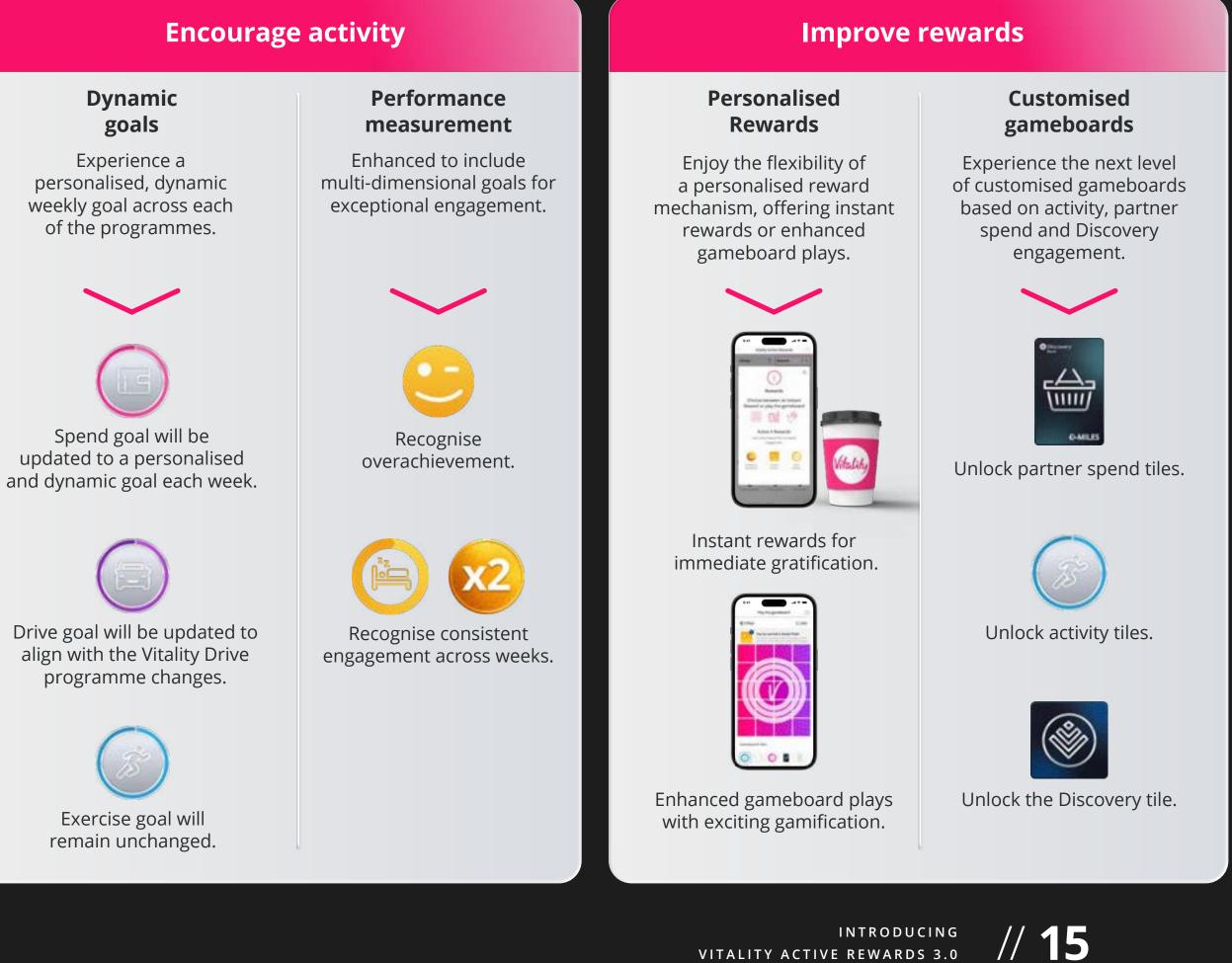
goals

Experience a personalised, dynamic weekly goal across each of the programmes.



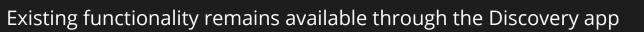
updated to a personalised





Full functionality available through the **Discovery Bank app**

All Vitality members have access to the Discovery Bank app through the Discovery Account with no monthly fees.

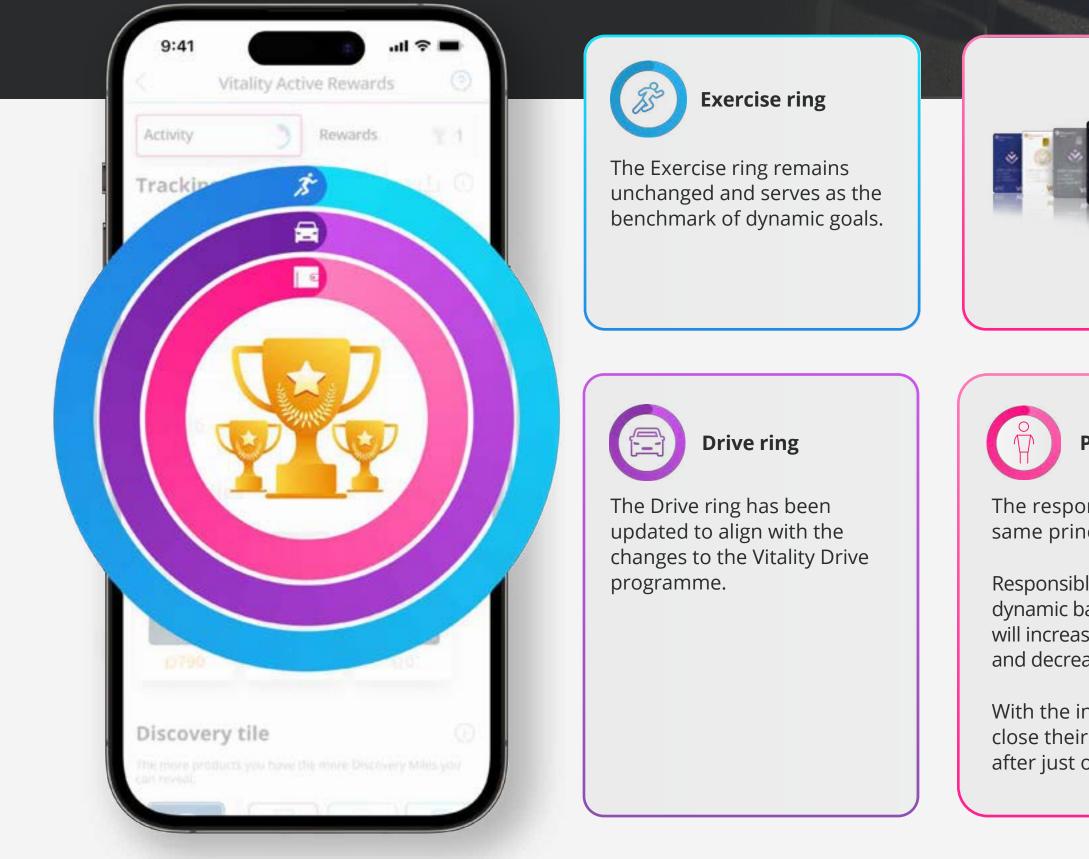




INTRODUCING VITALITY ACTIVE REWARDS 3.0

Dynamic goals | Alignment across all three programmes

The concept of a personalised, dynamic goal mechanism has been integral to encouraging activity and engagement through the programme's evolution. Vitality Active Rewards 3.0 creates consistency across the three Vitality Active Rewards programmes, aligning the goal mechanism of the Vitality Money ring to the Vitality Health and Vitality Drive rings.





Expanded access to a wider range of Discovery Bank accounts

All Discovery Bank accounts with transactional capabilities are now provided a weekly responsible spending goal. This includes the Discovery Account with zero monthly fees.



Auto-activation

Vitality Active Rewards is a crucial part of driving engagement and rewarding clients. To help members enjoy their rewards, new Discovery Bank clients will have the responsible spending goal automatically activated after joining Discovery Bank.

Personalised, dynamic goal mechanism

The responsible spending goal levels will be set under the same principles used for the Exercise and Drive goal levels.

Responsible spending goals will become personalised and dynamic based on card colour and spend history. Goal targets will increase for clients who achieve their weekly goals regularly and decrease for clients who do not achieve their goals.

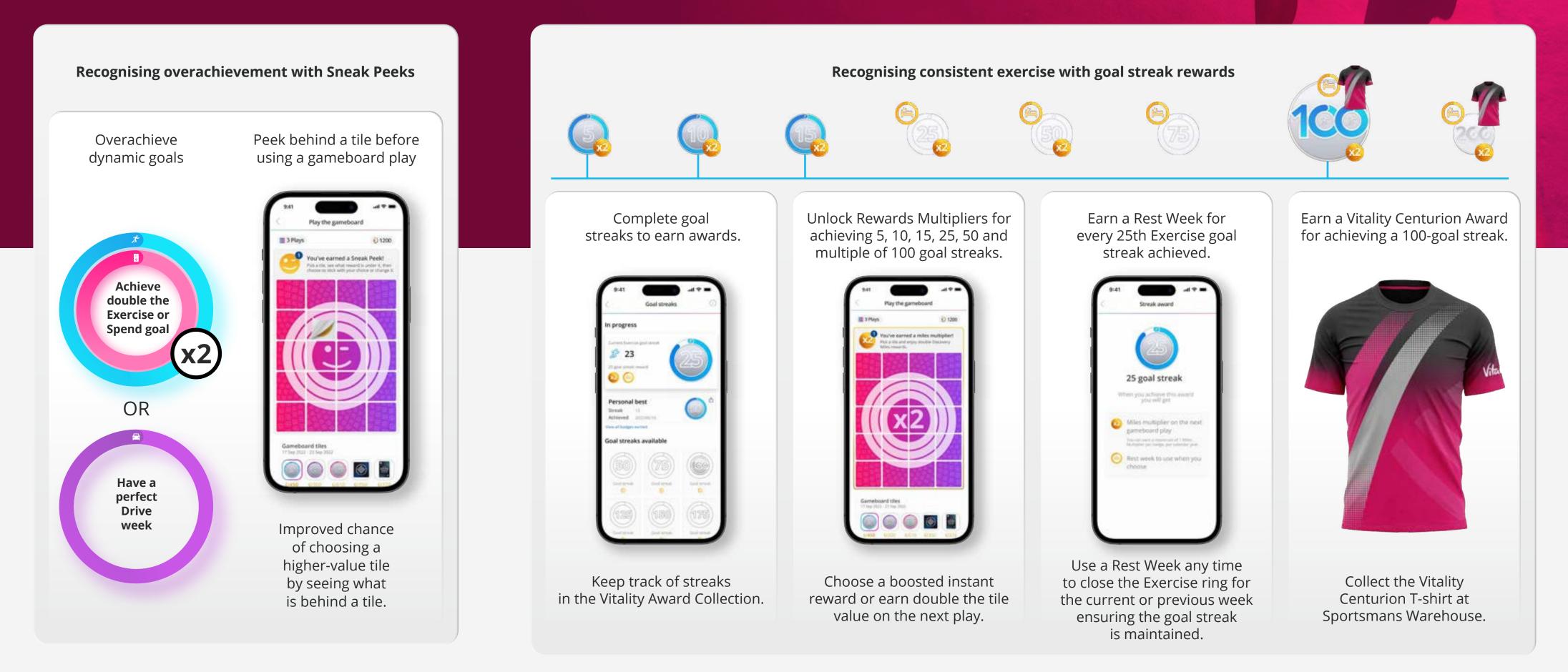
With the introduction of dynamic goals, new clients can close their Spend ring and start enjoying their rewards after just one swipe of at least R10.

Simplified goal achievement

Clients must accumulate Spend points to achieve their Spend goals. Clients will accumulate one Spend point for every R10 spent. In line with all Vitality Active Rewards programmes, goal progress will reset on Fridays at midnight with no Spend points carrying over to the next week.

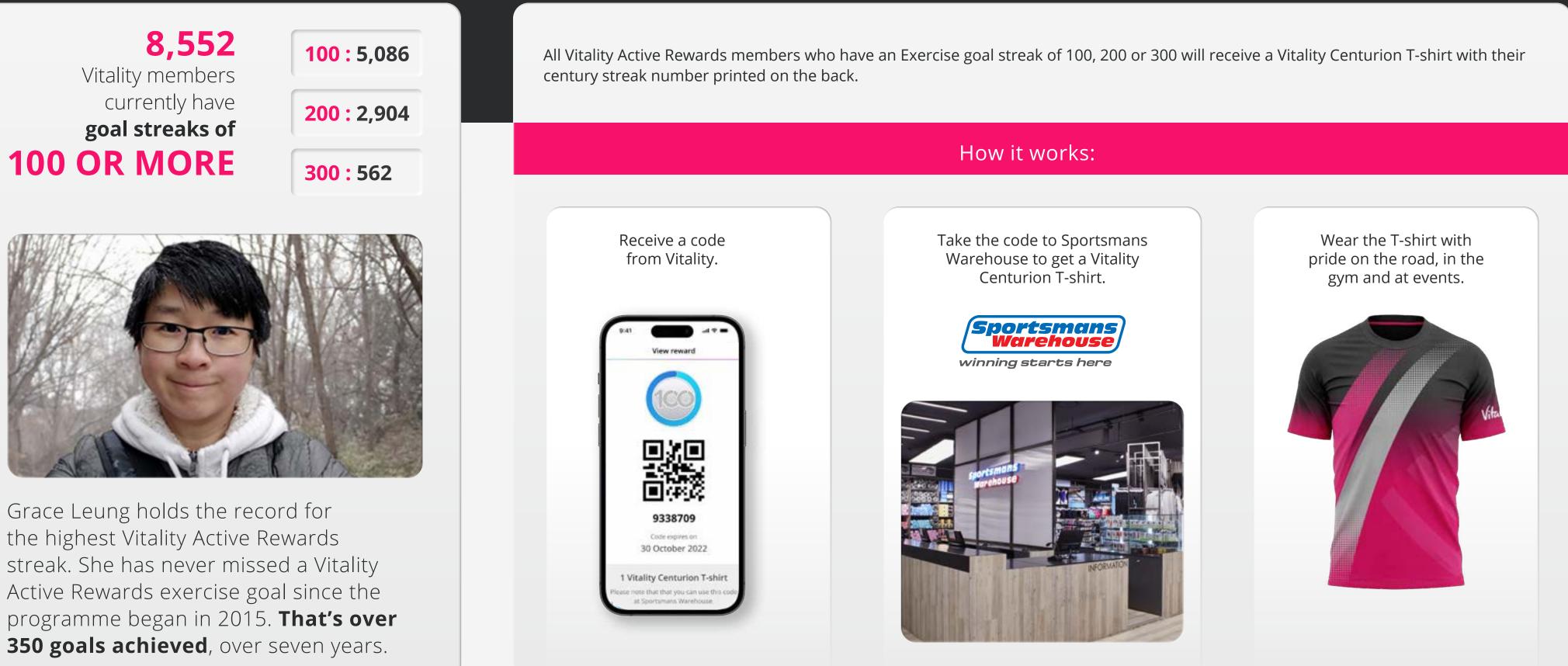
Performance measurement | Earn rewards for exceptional engagement

Vitality Active Rewards currently offers members a single reward for achieving a goal each week. Vitality Active Rewards 3.0 will recognise and encourage both regular and exceptional performance.



Vitality Centurion Awards

Recognising and rewarding highly engaged members with exclusive kit that cannot be bought, only earned.



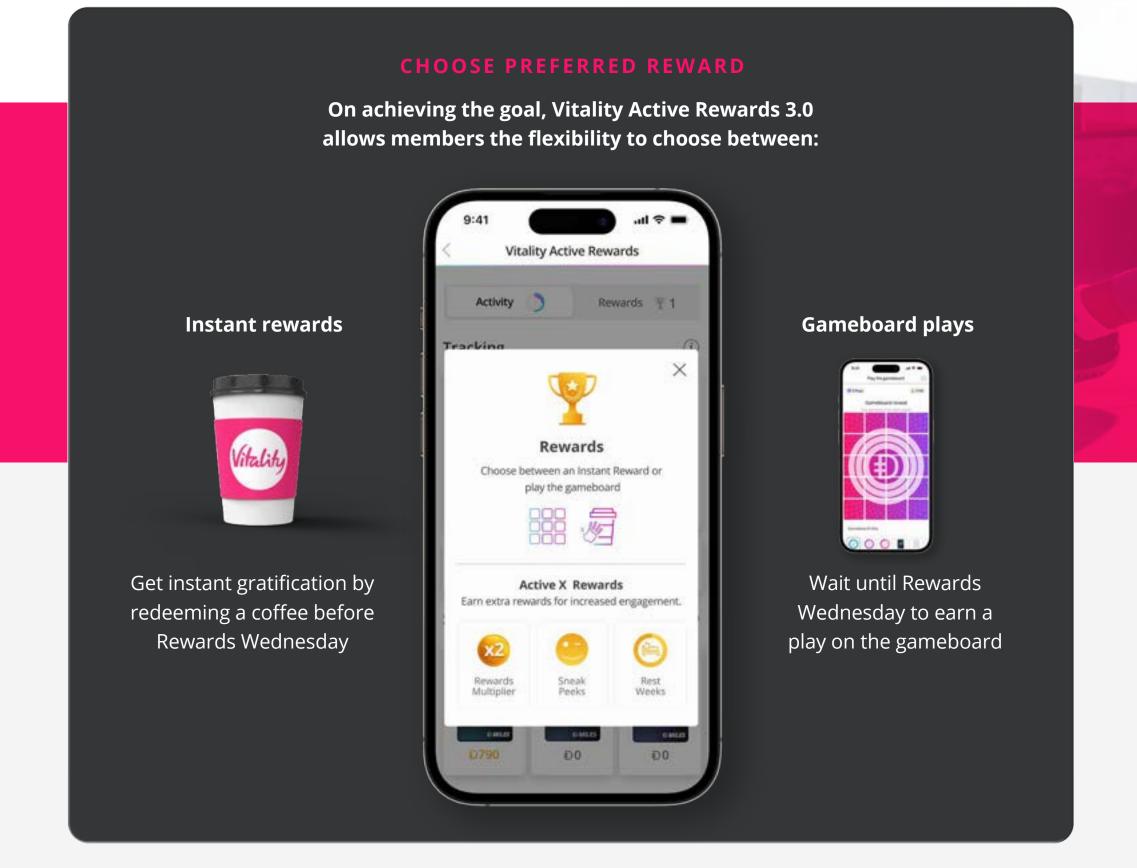
streak. She has never missed a Vitality Active Rewards exercise goal since the programme began in 2015. That's over

INTRODUCING VITALITY ACTIVE REWARDS 3.0

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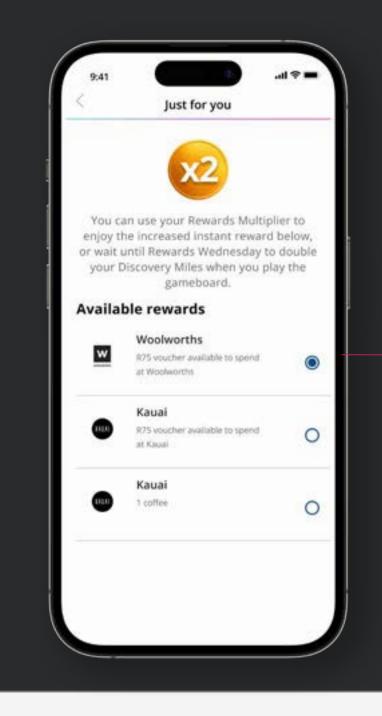
Personalised rewards | Enjoy the flexibility

Vitality Active Rewards 3.0 offers an adaptive rewards mechanism, giving members the choice between instant rewards, enhanced rewards or gameboard plays for achieving their weekly goals. This gives members the freedom to choose rewards when and where they want.



ENHANCED REWARDS FOR ENGAGEMENT

Choose higher-value instant rewards





Rewards Multiplier

Use Rewards Multipliers for boosted instant rewards or to double the value of the tile selected on the gameboard.

Campaigns

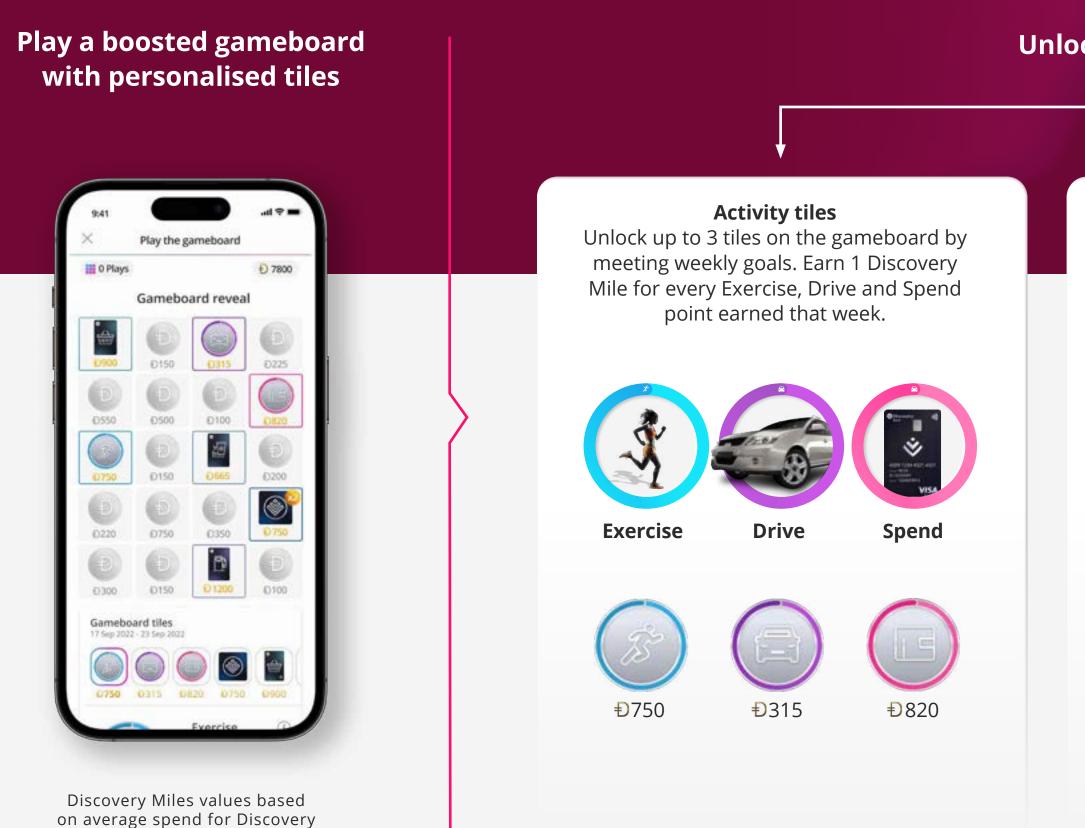
Get boosted instant rewards through various campaigns throughout the year.

INTRODUCING // 19



Customised gameboards Play gameboards with personalised reward tiles

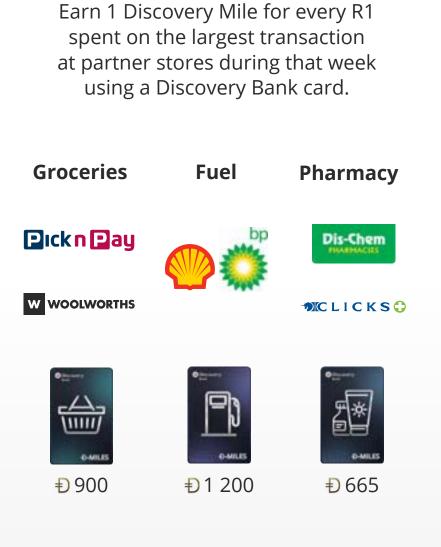
Discovery Miles enabled the functionality for members to monetise their rewards earned through Vitality Active Rewards. The next evolution of Vitality Active Rewards takes monetisation to new levels, personalising the gameboard for every member based on their activity, partner spend and Discovery engagement.



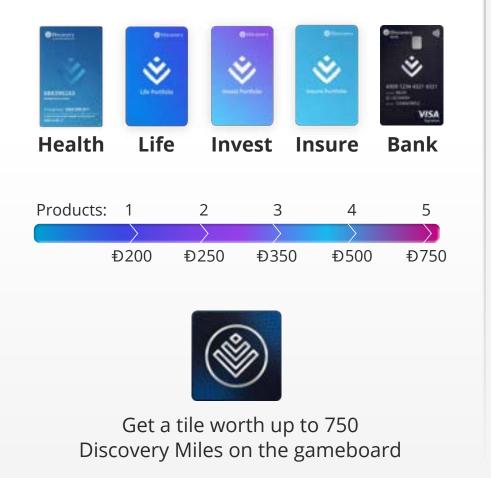
Bank suite account holders

Unlock up to 7 high-value personalised tiles

Partner spend tiles



Discovery tile Unlock a tile on the gameboard each week, with the value based on the number of Discovery products.



INTRODUCING // 20 VITALITY ACTIVE REWARDS 3.0



VITALITY COMMISSION

The take-up of the Vitality programme has increased significantly over 2022, with more than 11,000 activations made per month. Key growth insights have revealed opportunities for Vitality to enhance financial adviser commission to further fuel growth into 2023 and allow more members to get rewarded for leading healthier lifestyles.

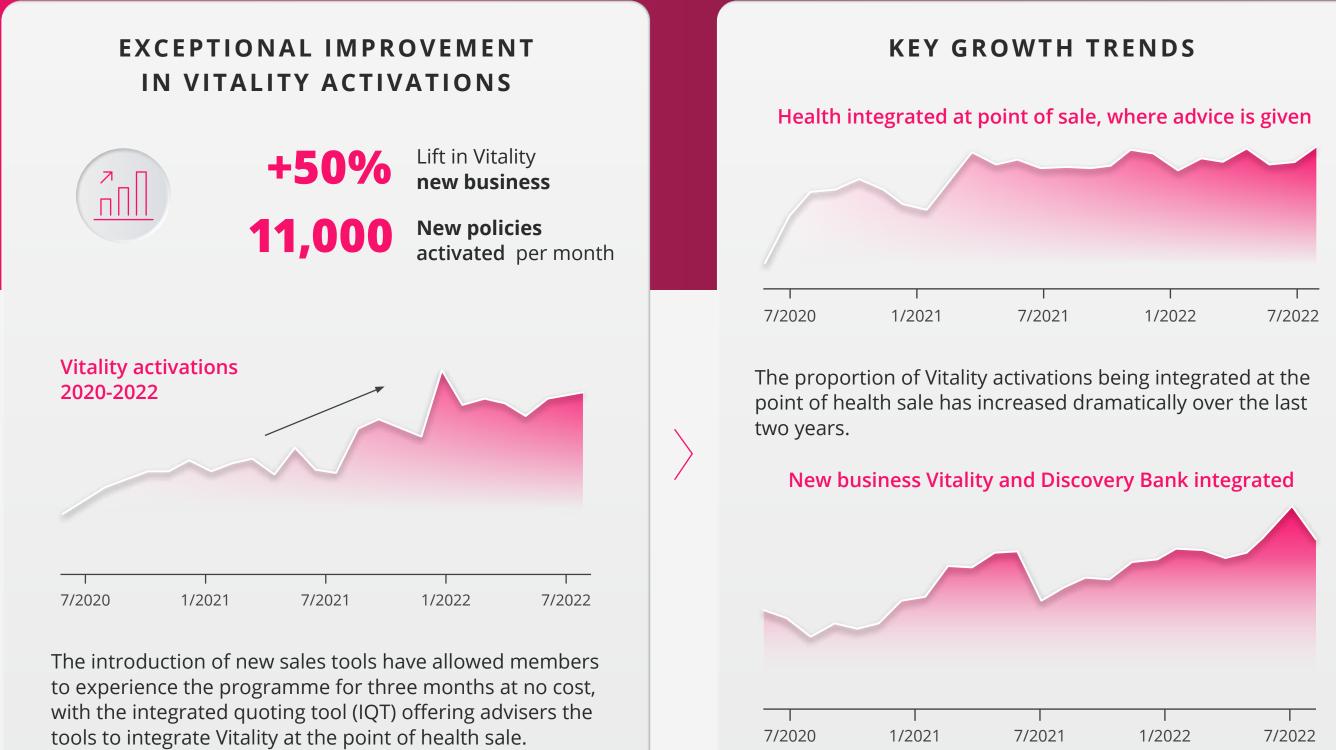






Identifying key areas of Vitality's exceptional 2022 growth

Vitality activations have increased significantly over the last two years, reaching a record high in 2022. Understanding the key insights behind the favourable growth performance has uncovered opportunities to further fuel the growth of the Vitality programme.



The enhanced value proposition of Discovery Bank and Vitality integration is reflected through rising take-up rates of Discovery Bank and Vitality integrated policies.

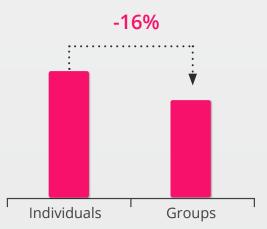
OPPORTUNITIES FOR FURTHER GROWTH

Lower proportion of sales on existing health policies



Only 15% of Vitality policy activations by financial advisers are to clients who did not join Vitality within two months of joining Discovery Health. This presents a significant opportunity to advise existing health clients, who have never experienced the Vitality programme.

Lower Vitality take-up on group business



Vitality take-up for employer groups is lower than that for individual business. Improving take-up on groups presents a large opportunity with more than 50% of existing and new health policies arising from group business.



Enhancing remuneration to align with opportunities

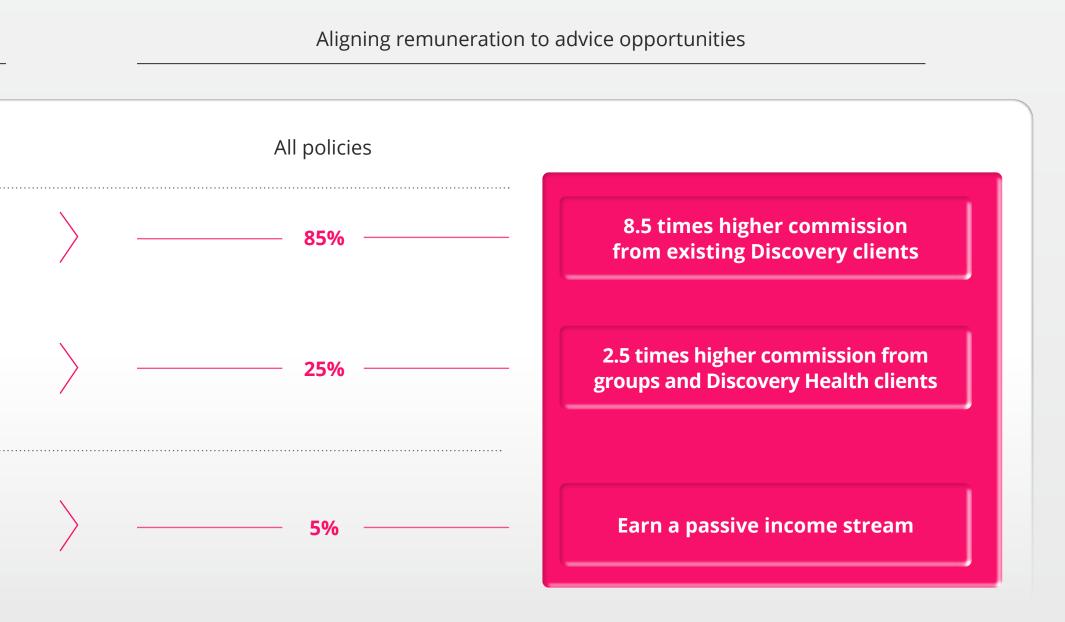
In 2023, financial advisers will enjoy enhanced Vitality commission for activations on group and existing Discovery policies.

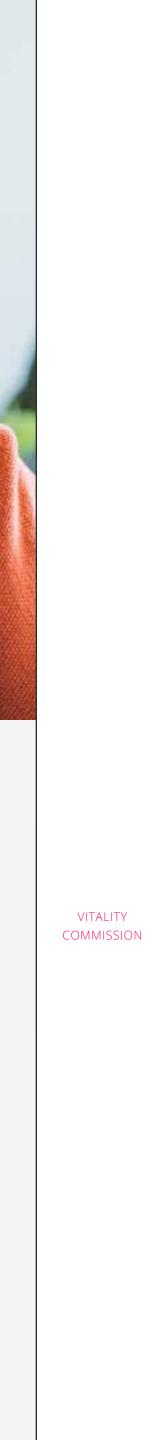
Under the new simplified commission structure, financial advisers earn flat rates of 85% of first year API on their individual sales, 25% of first year API on their group sales and 5% of first year API on activations through other channels, with clawback rules remaining unchanged. This structure addresses the shortfalls of the current commission structure and better recognises the effort of the adviser to sell Vitality to groups and through targeted campaigns to their existing clients that have never experienced the Vitality programme. It also rewards them with a passive income stream on any other activations on their book.

Existing commission independent of sales effort

		New policies <=2 months	Existing policies >2 months
	ual sales made ncial adviser	85%	10%
	sales made ncial adviser	10%*	10%
Other a	octivations	Dependent on the above sliding-scale structure of the financial adviser	

* After ~18 policies sold per employer group, commission reduces to 10%





Meet financial adviser Joseph Khumalo

Joseph has one large employer group, as well as individual clients. In a typical year, Joseph generates 72 Vitality sales to new employees and 36 to employees with existing health policies at his employer client. He also signs up 30 new individual clients and 15 individual clients with existing health policies to Vitality.

Under the current structure, Joseph earns 10% commission on all group business and on activations made on existing policies. This is how much commission he earns as a result:

New emp Vitality at

Existing e activating

Total Vita earned o

Individual point of he

Existing ir activating

Total Vita earned o

Grand to

Group

Individual Grand tot

> Joseph now earns R81,400 more on his group activations and R63,400 more on his individual activations. The overall result is an 86% increase in his total commission earned on Vitality activations in 2023.

2022 ANNUAL COMMISSION

COHORT	SIZE	COMMISSION %	COMMISSION INCOME
oloyees activating t point of health sale	72	10%	R31,968
employees g Vitality	36	10%	R15,984
ality commission			R47,942
als activating Vitality at health sale	30	85%	R113,220
individuals g Vitality	15	10%	R6,600
tality commission on individual business			R119,880

2023 ANNUAL COMMISSION

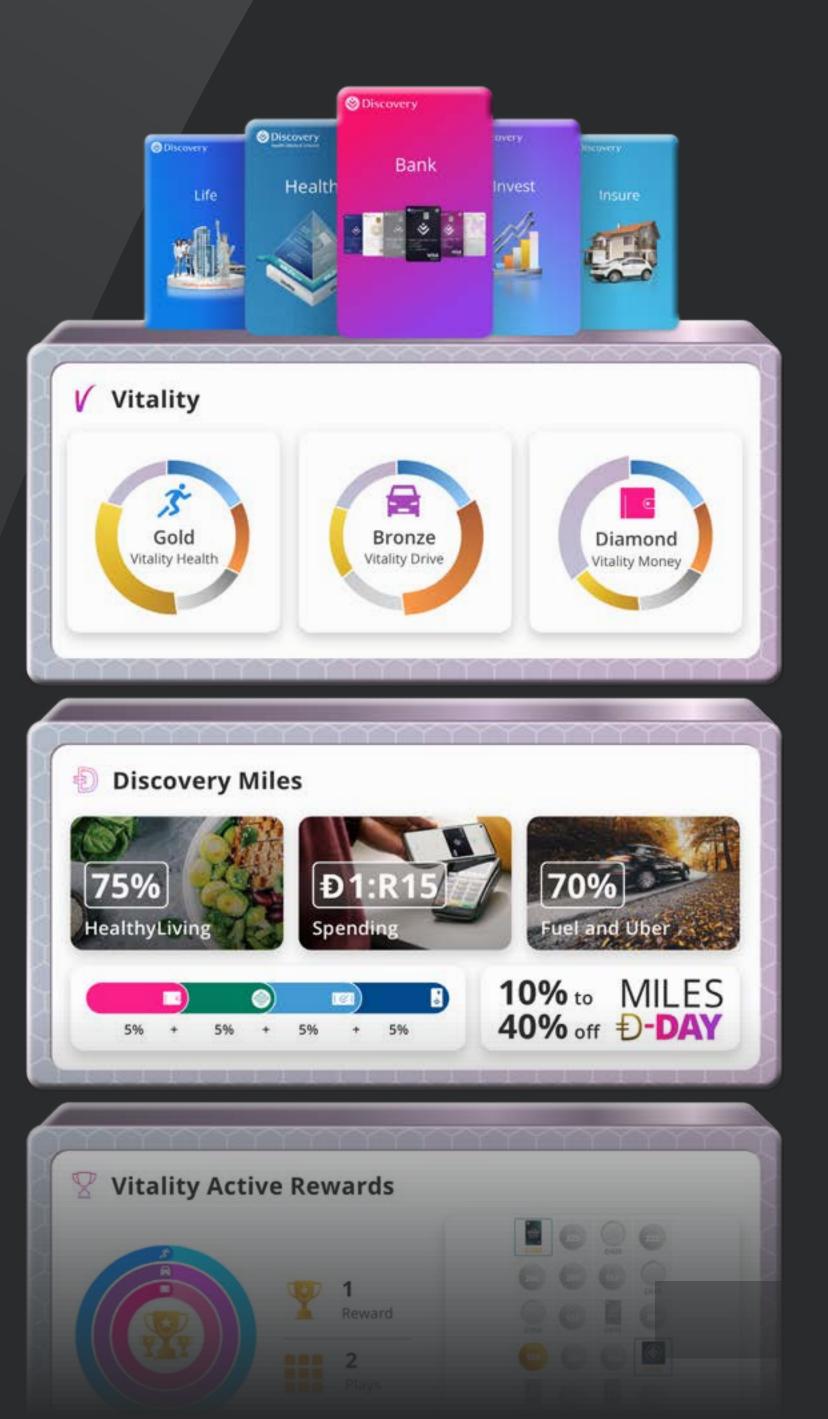
The new simplified structure rewards Joseph for his continued efforts to sell Vitality to the group and for his targeted growth campaigns, showcasing the new value of Vitality to his existing clients. This is how much commission he'll earn going forward:

OHORT	SIZE	COMMISSION %	COMMISSION INCOME
	108	25%	R129,351
I	45	85%	R183,247
otal			R312,597





Leveraging the Discovery Bank operating system functionality to enrich the Vitality programme.



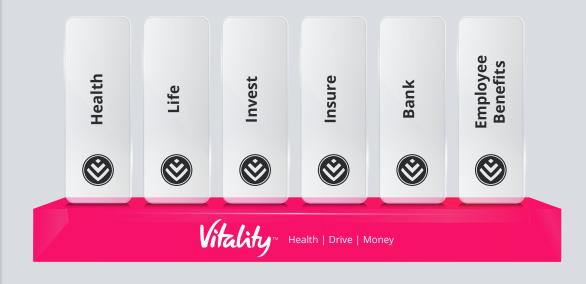


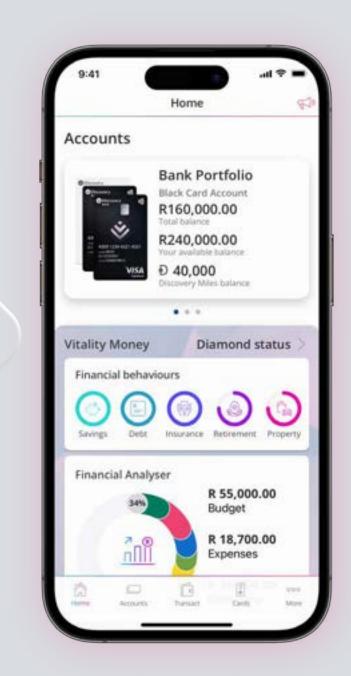


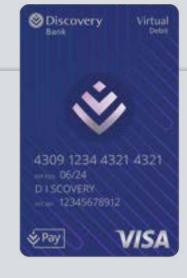
A new operating system for **Discovery's shared value model**

Discovery's Shared-Value model

Vitality has formed the platform for Discovery's Shared-Value model – codifying the impacts of positive behaviour and rewarding clients for healthier living, driving well and managing their money responsibly.





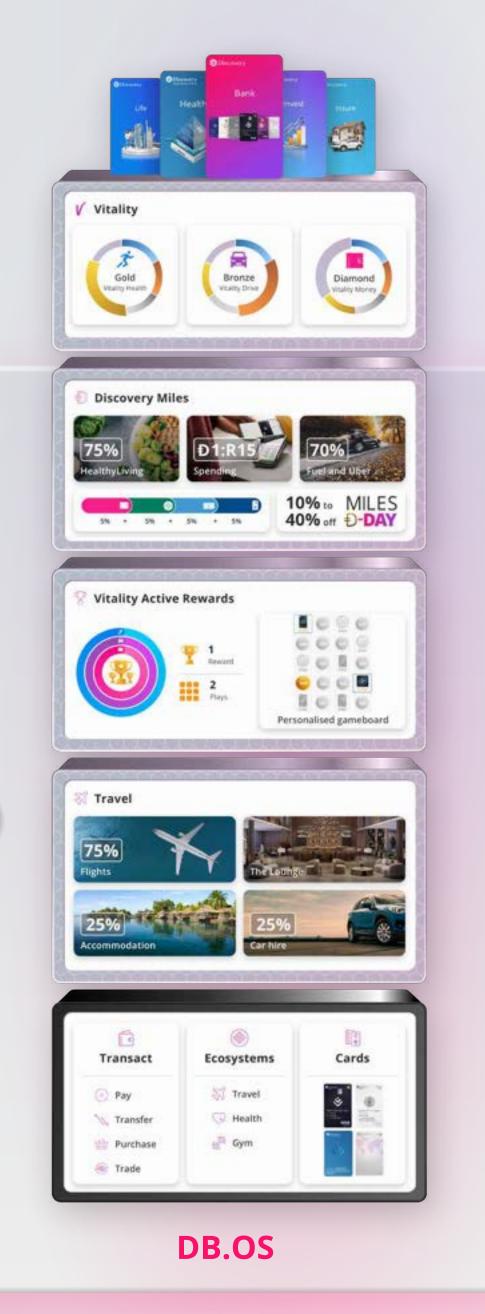


All Discovery Vitality clients get access to the *Discovery* Account with zero monthly fees.

Discovery Bank as the new operating system for the Discovery composite

Discovery Bank's mobilefirst user interface, security features and integrated realtime payment infrastructure significantly enhance Discovery's Shared-Value model.

Clients can now access and interact with their Discovery products and enjoy significantly enhanced benefits and rewards, all through a single interface in Discovery Bank.



DB.OS // 26



The Discovery ecosystem is now powered by Discovery Bank

Through Discovery Bank's advanced technology and architecture, Discovery clients now have secure access to a single view of their financial products and personalised discounts, in a digital manifestation of shared value and the world of Discovery.

A single view of Discovery products •

Clients can view their full set of Discovery products in the Discovery Bank app, enabling them to get valuable key information about existing products through a simple, clear and intuitive user interface.

* R 2,000,000.00

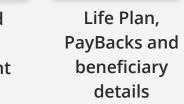


Medical aid and other health product information



R 55,481.00

🕉 R 40,000.00



An end-to-end travel experience

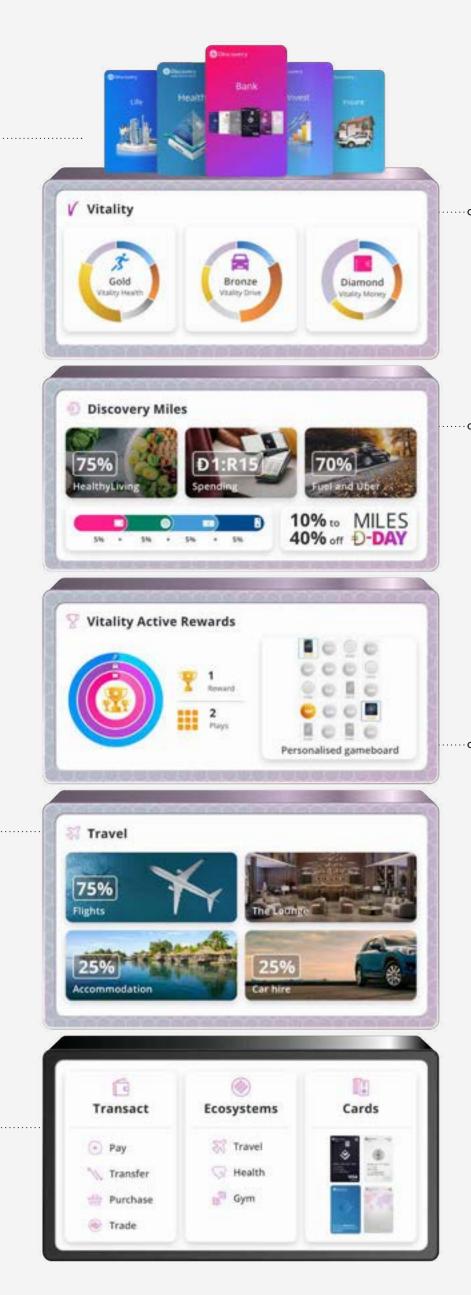
Access to the widest range of travel benefits through Vitality Travel, with incredible discounts on flights, accommodation and car hire is now available to all Discovery clients. The travel ecosystem is now live on the Discovery Bank app and allows clients access to Priority Fast Track airport channels, airport lounges and travel insurance.

The sophisticated payment rails of Discovery Bank integrate directly throughout the full Discovery ecosystem, enabling secure and seamless payments at hospitals, pharmacies, gyms and lifestyle and retail partners - without clients ever having to take their bank cards out. Virtual cards give clients complete flexibility and enhanced security when paying online or with their smart devices.



Vehicle, home and contents insurance details

State-of-the-art systems •



••• Integrated Vitality programmes

Key components of the Vitality Health, Drive and Money programmes will soon be easily accessible from the Discovery Bank app.

•• Discovery Miles

All of Discovery's shared-value business models are now fully integrated with a single rewards currency, Discovery Miles, which dynamically monetises healthy behaviours – and increases in value as clients engage with Discovery Bank.

•• Vitality Active Rewards

Vitality Active Rewards 3.0 will be completely integrated into the Discovery Bank app, with exciting new ways to monetise exercise, safe driving and responsible spending.



Vitality updates for 2023

The following changes will be made with effect from 1 January 2023:



VITALITY PURPLE

- Vitality Purple will be closed to new business. All current Vitality Purple members will be moved to Vitality Premium and their premiums reduced accordingly.
- Members with an active Purple gym benefit will continue to receive up to 75% off any Virgin Active or Planet Fitness gym membership while their gym membership remains active.
- Members with the Technogym equipment rental benefit or sports equipment cash back benefit will continue to receive their monthly cash back until the remaining contract or benefit period has ended.



VITALITY 65+

The Vitality Health Check for 65+ will consist of ageappropriate biometric range assessments and a falls risk assessment. The hearing and vision pre-screening test will be removed. Members can do these tests at other providers if they would like to do so. There is no change to the Vitality points earned during a Vitality Health Check for 65+.



VITALITY POINTS

- The age range for earning Vitality points when completing the following health checks has been adjusted to align with clinical guidelines and the funding rules of Discovery Health Medical Scheme.
 - Female members between the ages of 25 years and 65 years (previously between the ages of 16 years and 65 years) will earn 2,500 points for completing a pap smear. Members will earn the points in the year of the screening and the next two years.
 - Members aged 45 years or older (previously 50 years or older) will earn 2,500 points once a year for completing a colonoscopy.



If the reward for any benefit that pays cash backs is below R50 in a month, Vitality will hold this reward for an additional month to allow it to accumulate to more than R50 and be paid out, otherwise this reward will be forfeited. This includes cash backs for HealthyBaby, HealthyDining, HealthyFood and Team Vitality.



CASH BACK PAYMENTS



VITALITY TRAVEL

- New members joining Vitality will no longer have a three-month waiting period applied to the travel benefit.
- Prior to COVID-19, members were required to book international flights 6 weeks in advance to get the full Vitality Health and Money discount. This booking rule will be reinstated from January 2023. Vitality members can still receive a 10% discount on all bookings made less than six weeks from the departure date.

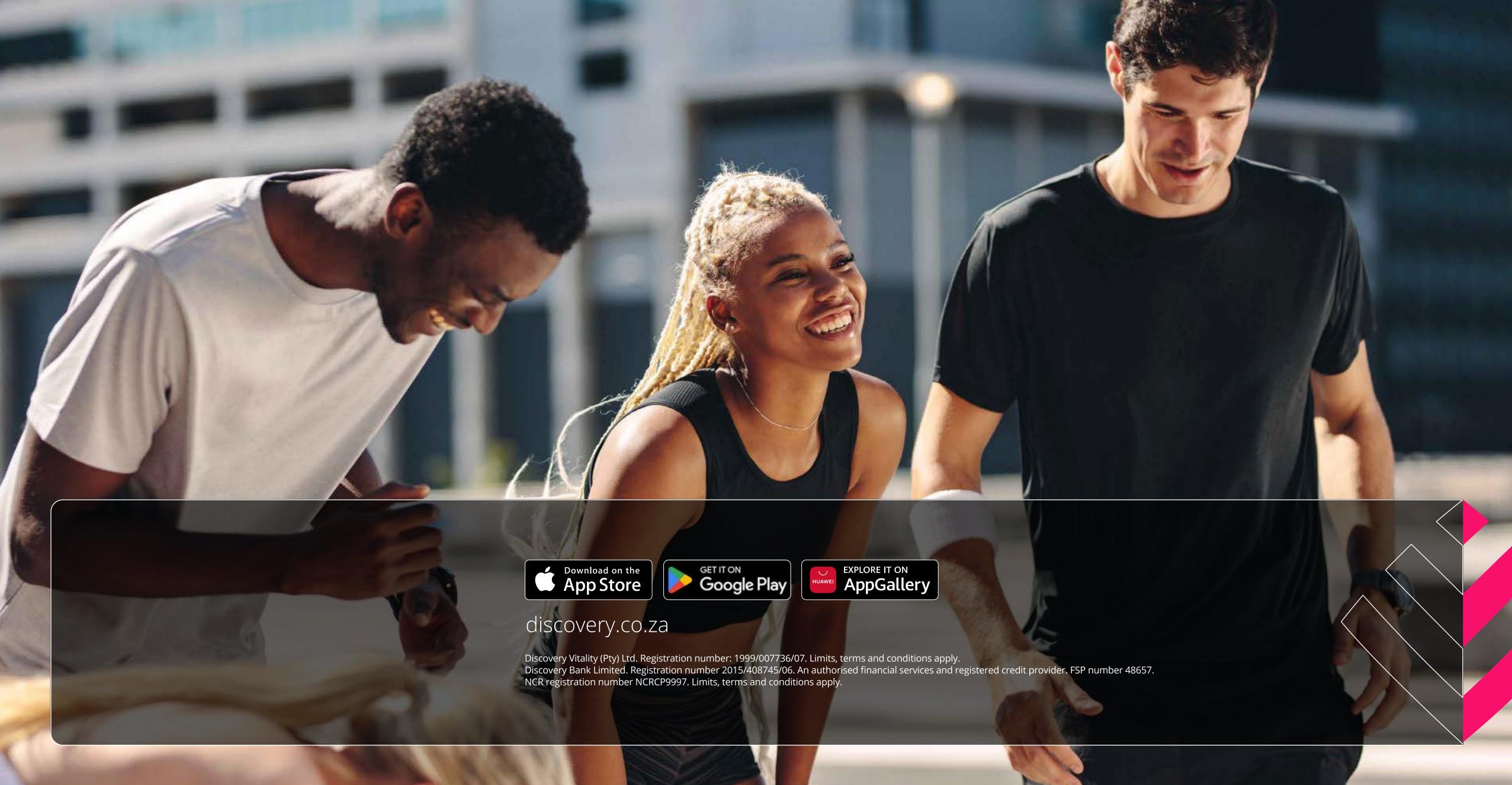


DISCOVERY MILES

 Members can get up to 40% off when spending Discovery Miles online or in-store, in the Active Rewards Mall or when purchasing airtime or prepaid products and services. Refer to the Discovery Bank Discoverer for more information on how this benefit works for 2023.









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