



VITALITY ACTIVE 2023

Live life with Vitality

IMPROVE YOUR VITALITY STATUS AND BOOST YOUR REWARDS BY EARNING VITALITY POINTS

You can earn Vitality points every time you take a step to know or improve your health. All these points add towards your Vitality status and boost your rewards.

Points members age 18 – 64 can earn

ONLINE ASSESSMENTS

Find out your **Vitality Age** 1,500 points
Understand your **mental wellbeing twice a year** 500 points per assessment

VITALITY HEALTH CHECK

Do a Vitality Health Check at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, Discovery Store or Discovery Wellness Day.

Your Vitality Health Check includes:

01 Blood pressure
03 Cholesterol
05 Non-smoker's declaration
02 Blood glucose
04 Weight assessment

Earn up to **22,500** Vitality points based on how many of your results are in range and how many of them may indicate an elevated risk of developing a lifestyle-related disease.

One Vitality Health Check a year is paid from the screening and prevention benefit of most medical scheme plans administered by Discovery Health.

VITALITY FITNESS ASSESSMENT

Earn **2,500** points and up to **5,000** additional points depending on how fit you are. You can earn up to **15,000** points if you achieve the upper levels of the Vitality High Performance Fitness Assessment.

Earn up to **30,000** Vitality points a year for fitness activities and doing a Vitality Fitness Assessment. Vitality points will only be awarded for one fitness activity a day.

EXERCISE

Exercise at the gym or approved fitness facility up to **100 points per day**
Track your exercise on your smartphone or fitness device up to **300 points per day**
Complete an online workout through a Vitality-accredited partner **50 points per day**
Complete a free parkrun up to **300 points per event**
Participate in a Vitality virtual event up to **300 points per event**
Participate in a Vitality-timed race event up to **3,000 points per event**
Play a round of golf **100 points per event**

NUTRITION

Buy HealthyFood items at Pick n Pay or Woolworths up to **12,000 points**
Visit a dietitian **1,000 points**

DO FURTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender:

Pap smear **2,500 points**
Mammogram **2,500 points**
Colonoscopy **2,500 points**
Dental health check **1,000 points**
Flu vaccine **1,000 points**
Initial HIV test **7,500 points**
Annual HIV test thereafter **1,000 points**
Being registered for managing a chronic condition **2,500 points**
Glaucoma screening **2,500 points**

Additional Vitality points members 65+ can earn

VITALITY HEALTH CHECK FOR 65+

Your Vitality Health Check for 65+ includes:

- 01 Blood pressure
(with adjusted in-range results)
- 02 Blood glucose
- 03 Cholesterol
- 04 Weight assessment
(with adjusted in-range results)
- 05 Non-smoker's declaration

Earn Vitality points based on how many of your results are in range and how many of them may indicate an elevated risk of developing a lifestyle-related disease, up to a maximum of **22,500** points.

PLUS you will complete the following pre-screening test to understand your health risks:

- 06 Falls risk assessment

Earn **500 Vitality points** for completing all three pre-screening tests, adding to your maximum of **22,500 points**.

One Vitality Health Check for 65+ a year is paid from the screening and prevention benefit of most medical scheme plans administered by Discovery Health.

SPECIALIST REFERRALS

Get referred to selected specialists based on your health risks identified during the health check and earn Vitality points for the assessment and management of your health risks.

- Extended consult with a Premier Plus GP up to **2,500 points**
- Optometrist consult..... up to **3,500 points**
- Audiologist consult..... up to **1,000 points**

VACCINES

- Flu vaccine (March – September)..... **2,000 points per year**
- Pneumococcal vaccine..... **1,000 points per lifetime**
- Shingles vaccine **1,000 points per lifetime**

EXERCISE

- Complete 7,500 steps **100 points per day**
- Light workout for 60+ minutes **200 points per day**
- Moderate workout for 30+ minutes **300 points per day**

How to earn a Vitality status

Earn Vitality points by getting active, eating well and doing all your health checks. You'll enjoy a variety of rewards at each status level and the healthier you get, the higher your Vitality status.

At the start of every year, your Vitality points reset to zero but you still keep the rewards and status level that you earned the previous year. This is to help encourage you to keep healthy year on year

	Blue	Bronze	Silver	Gold	Diamond
1 adult	Start on Blue Vitality status	7,500	25,000	40,000	50,000
2 adults		15,000	50,000	80,000	100,000
Additional adult dependants		3,750	12,500	20,000	25,000

YOUR VITALITY BENEFITS IN A SNAPSHOT

You can enjoy these savings from the day your Vitality membership starts.

WHAT YOU NEED TO KNOW



Pay as you Gym

Access any Virgin Active or Planet Fitness gym on a pay-per-visit basis. (excludes Virgin Active Collection Clubs)



Fitness devices

Achieve your weekly Vitality Active Rewards exercise goals to fully fund a fitness device on a flexible month-to-month subscription basis.



HealthyFood rewards

Get up to 20% back on HealthyFood items. Complete your Vitality Age assessment and Vitality Health Check to maximise your rewards.



Ster-Kinekor

For all 2D and 3D movies. Save 25% at IMAX, Cine Prestige or NT Live.

VITALITY HEALTHYWEIGHT PROGRAMME

Personalised coaching

Get access to a hands-on weight management programme led by your personal nutrition coach to assist with every step of your journey.

VITALITY ACTIVE REWARDS

Vitality Active Rewards allows you to track and improve your exercise, drive and spending habits and enjoy exciting rewards as you achieve your goals. Every time you achieve a goal, choose between an instant coffee and a play on the gameboard to earn Discovery Miles to spend on rewards of your choice in the Vitality Mall.

ACHIEVE PERSONALISED GOALS



Exercise

- Exercise at Virgin Active, Planet Fitness or Moove gyms
- Track your exercise on your smartphone or a Vitality-linked fitness device
- Complete workouts at a Vitality-accredited partner connected to Octiv
- Complete a free parkrun
- Participate in a Vitality virtual event
- Participate in a Vitality-timed race event with Team Vitality
- Play a round of golf



Drive

- No cellphone usage
- No speeding
- No harsh breaking
- No excessive acceleration
- No harsh acceleration



Spend

- Every R10 spent = 1 spend point
- Maintain a minimum savings balance of R2,000

EARN INSTANT REWARDS



OR






Play the gameboard on Rewards Wednesday



SPEND DISCOVERY MILES IN THE VITALITY MALL



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To join Vitality or to find out more about our other Vitality products, visit www.discovery.co.za. You can also contact your financial adviser or your company's HR representative.

VITALITY ACTIVE RATES

Member | **R99**

Every additional adult | **R59**

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