



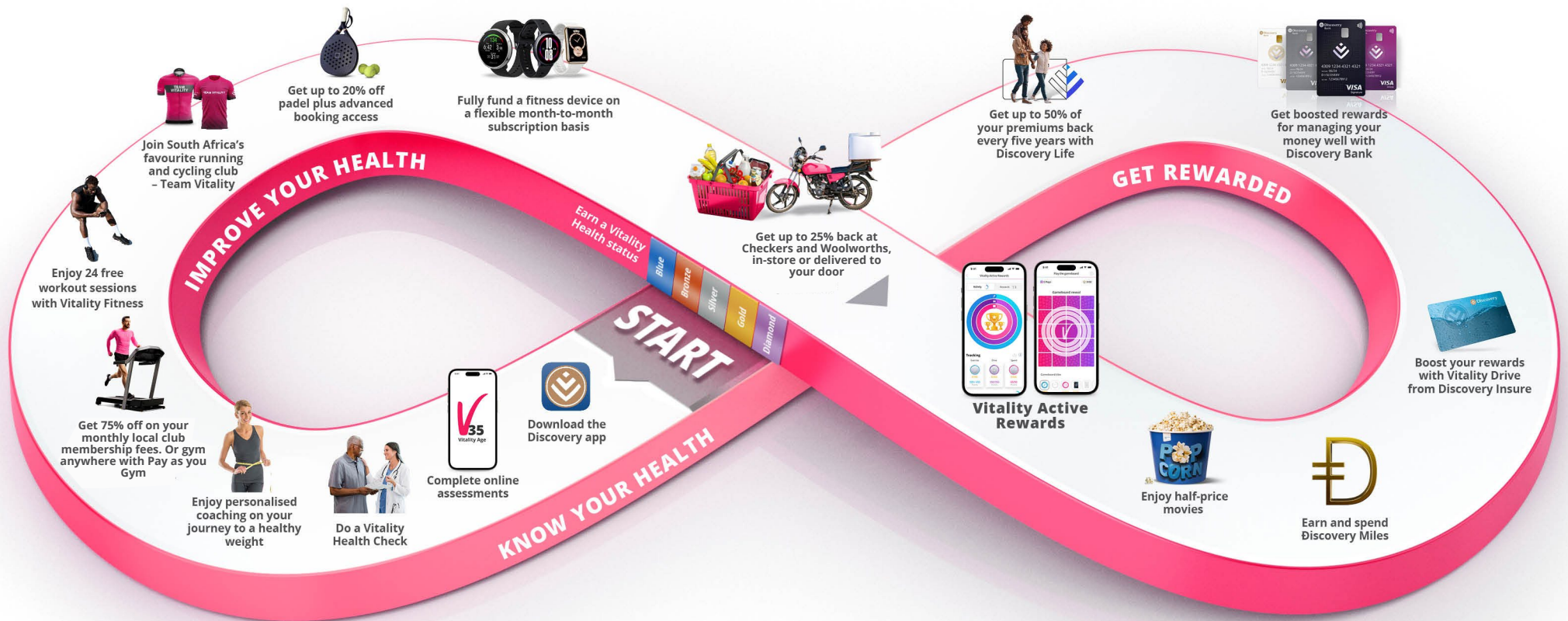
VITALITY ACTIVE 2024

Live life with Vitality



GET STARTED ON YOUR VITALITY JOURNEY

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you keep track of your progress towards a healthier you. You're rewarded for making better choices with a premium range of health, lifestyle and leisure benefits.



Earn Vitality points to improve your Vitality status

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

Points you can earn if you're between 18 and 64

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

Earn up to **22,500** Vitality points based on how many of your results are in range and how many of them may indicate a greater 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.

OTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender

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

NUTRITION

- Buy HealthyFood items at Checkers or Woolworths **up to 12,000 points**
- Visit a dietitian **1,000 points**

EXERCISE

- Exercise at the gym or approved fitness facility up to **100 points**
- Track your exercise on your smartphone or fitness device up to **300 points**
- Complete an online workout through a Vitality-accredited partner **50 points**
- Game of padel **100 points**
- Vitality Fit workout session **100 points**

per day

- Complete a free parkrun up to **300 points**
- Participate in a Vitality-timed race event up to **3,000 points**
- Play a round of golf **100 points**

per event

MEASURING FITNESS LEVELS

Earn up to 10,000 points immediately, depending on how fit you are. This is simply the amount (volume) of oxygen your body uses while exercising. It's a common tool to understand your fitness.

VITALITY CARDIO FITNESS LEVEL

Vitality members can earn up to **10,000** Vitality points for their Vitality cardio fitness based on the average of the last five VO₂ max scores from their Apple, Garmin or Samsung fitness device or from the results of a Vitality Fitness Assessment.

Members will earn Vitality fitness points based on their Vitality cardio fitness level, age, and gender. These points will contribute to the maximum **30,000** Vitality fitness points that members can earn in one year.

Vitality will award for one fitness activity a day (whichever earns the highest points).

Additional points you can earn if you're 65+

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
- 06 | Falls risk assessment

Earn Vitality points based on how many of your results are in range and how many of them may indicate a greater risk of developing a lifestyle-related disease, up to a maximum of **22,500** points. Plus, earn 500 Vitality points for completing a pre-screening test, including the falls risk pre-screening assessment, 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 the health risks identified during your health check and earn Vitality points for the assessment and management of your health risks.

- Extended consult with a Premier Plus GPup to **2,500 points**
- Optometrist consultup to **3,500 points**
- Audiologist consultup 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.

REWARDS



VITALITY HEALTHYWEIGHT PROGRAMME

OUR PADEL NETWORK

GET 75% OFF ON
YOUR MONTHLY LOCAL
CLUB MEMBERSHIP FEES

PAY AS YOU GYM

FITNESS DEVICES

HEALTHYFOOD REWARDS

STER-KINEKOR

PERSONALISED
COACHING

DISCOVERY VITALITY
PADEL BENEFIT

WHAT YOU NEED TO KNOW



Exercise at the Virgin Active health club at least 3 times a month (that's 36 times a year) to keep your maximum saving. Join this limited offer today with a qualifying Discovery Bank account! Limits, terms and conditions apply.



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



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



Get up to 25% back at Checkers and Woolworths, in-store or delivered to your door. Complete your Vitality Age assessment and Vitality Health Check to maximise your rewards.



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



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



Get 20% off padel plus advanced booking access.

Exercise anywhere with Vitality Fitness

Vitality Fitness is a first-of-its-kind integrated exercise ecosystem. From the seasoned athlete striving for peak performance to beginners taking their first steps towards a healthier lifestyle, the Vitality Fitness platform is here to help you achieve your exercise goals. **Plus, get up to 24 free visits across the Vitality Fitness network.**



Book a class

Choose an exercise facility and book a class that suits you in the expanded Vitality Fitness network. Plus, get up to 24 free visits a year.



Join gym

Instantly activate a Virgin Active membership in the Discovery app and save 75% on monthly local club membership fees. Plus, pay a reduced activation fee of R499.



Pay as you Gym

Use a smartphone camera to scan the QR code at Virgin Active or Planet Fitness. The first three visits at each facility are free.



Exercise outdoors

- Join Team Vitality.
- Get advanced booking access and a 20% discount at our padel network in South Africa.

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
- Track your exercise on your smartphone or a Vitality-linked fitness device
- Complete workouts at a Vitality-accredited partner connected to Oktiv
- 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

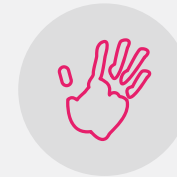
- No cellphone usage
- No speeding
- No harsh braking
- No excessive acceleration
- No harsh acceleration



Spend

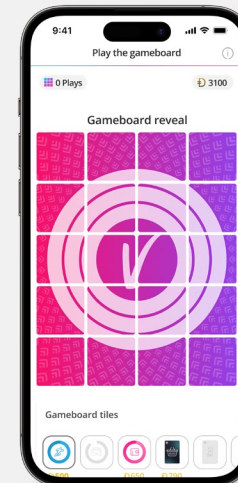
- Every R10 of qualifying Discovery Bank card spent = 1 spend point
- Maintain a minimum savings balance based on your chosen Discovery Bank product

EARN INSTANT REWARDS

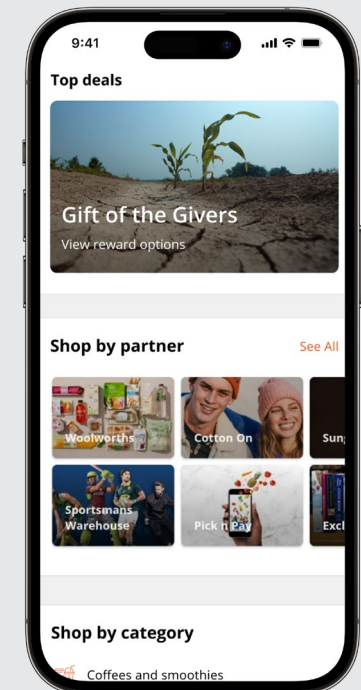


OR







Play the gameboard on Rewards Wednesday



SPEND DISCOVERY MILES IN THE VITALITY MALL



GET THE LATEST INFORMATION ABOUT VITALITY

-  www.discovery.co.za
-  Discovery Vitality
-  @Vitality_SA
-  @vitalitysa_
-  @Discovery_SA
-  Discovery_SA

DOWNLOAD THE DISCOVERY APP

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 R129	Every additional adult R79
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