

Terms and conditions

Double Vitality points on World Health Day – 7 April 2015

World Health Day takes place on 7 April 2015. On this day, Discovery Vitality will award all Vitality members with double Vitality points for certain fitness activities and for buying HealthyFood at Pick n Pay and Woolworths.

Double Vitality points for HealthyFood – 7 April 2015

1. This offer is open to all Discovery Vitality members 18 years of age and older who have an active Vitality membership, and have activated their Vitality HealthyFood benefit at Pick n Pay or Woolworth and or have active memberships through Vitality at Virgin Active, Planet Fitness, Curves, Run/Walk For Life, HNA or the Vitality Fit partners. This offer includes Discovery employees and their family members, directors, members, affiliates, employees of the promoters and partners of Discovery Vitality (Pty) Ltd or any other person who directly or indirectly controls or is controlled by Discovery Vitality (Pty) Ltd are eligible to earn double Vitality points on 7 April 2015. (A member can only qualify to earn double Vitality points if they have reached their 18th birthday before 7 April 2015)
2. Vitality members can earn double (40) Vitality points on 7 April 2015, for each HealthyFood item purchased at Pick n Pay and Woolworths. A total of 20 Vitality points will be deducted for every harmful item you buy. You can earn up to a maximum of 2 000 points in your April 2015 cash back cycle.
3. Double Vitality points will be awarded based on your HealthyFood spend in your cash back cycle for April 2015. This means the start and the end date of the double Vitality points period will be for the April cash back cycle. Your **double Vitality points will be allocated within the month of May 2015.**
4. To qualify for double Vitality points, Discovery Vitality members need to purchase HealthyFood items and swipe your linked cards (listed below) at the till before the cashier rings up your purchases. If you do not produce the Vitality Pick n Pay HealthyFood card or DiscoveryCard at the Pick n Pay till or the linked Woolworths card at the Woolworths till, before the sale is processed, you will not get the HealthyFood Vitality points and cash back. You cannot claim your Vitality points or cash back after your purchases.

At Pick n Pay:

- Swipe your Vitality Pick n Pay HealthyFood card at any Pick n Pay till before the cashier rings up your purchases to make sure you get your HealthyFood Vitality points and cash back.
- If you have a DiscoveryCard, swipe your DiscoveryCard **twice** at Pick n Pay – once before the cashier rings up your purchases and again to pay.

At Woolworths:

- Swipe your linked Woolworths card at any Woolworths till before the cashier rings up your purchases to make sure you get your HealthyFood Vitality points and cash back. This includes the Woolworths WRewards card or MySchool MyVillage MyPlanet card.

5. Refer to the Pick n Pay and Woolworths HealthyFood online catalogues for a full list of HealthyFood items. Products listed in these catalogues can change at any time. You can also look out for the Vitality HealthyFood stamp on shelf-labels in-store to identify HealthyFood items.

All HealthyFood items are identified as “VIT” or “V” on your till slips.

6. Discovery Vitality members can also get their double Vitality points for HealthyFood when they shop at Pick n Pay or Woolworths online at www.pnponline.co.za or www.woolworths.co.za

Double Vitality points for fitness – 7 April 2015

The offer is open to all Discovery Vitality members 16 years of age and older who have an active Vitality membership.

1. The following **fitness activities** will qualify for double points on 7 April only:
 - a. Workout at Virgin Active
 - b. Workout at Planet Fitness
 - c. Workout at Run/Walk For Life
 - d. Workout at Curves
 - e. Vitality Fit: This includes workouts at Adventure Boot Camp, selected CrossFit affiliates and S.W.E.A.T. 1000 facilities.
 - f. Playing a registered round of golf with Handicaps Network Africa
 - g. Log your workout on an iPad station at a Vitality approved fitness facility.
 - h. Fitness devices and apps: This includes Garmin, Fitbit, Fitbug, Jawbone, Polar, Suunto and more.
2. All Vitality members 18 years and older with active memberships at the facilities above or linked devices to Vitality will earn double Vitality points for a workout on 7 April 2015, to a maximum of 15 000 Vitality fitness points a year.

3. Only one workout on 7 April 2015 will earn 300 Vitality points. Vitality points will only be awarded for one fitness activity on the day.
4. Planet Fitness special offer: bring a friend to train for free
 - Free visits are not valid for current Planet Fitness members.
 - Non-members of Planet Fitness can train for one day (7 April) free, per person per year.
 - Offer valid for people over the age of 18.
 - Proof of SA identification (ID/Drivers) needs to be presented.
 - Offer excludes Planet Fitness Just Gym.
5. Vitality points earned for playing a round of golf:
 - Adults members on Vitality will earn 300 Vitality points for playing a registered round of golf through **Handicaps Network Africa** on 7 April 2015, to a maximum of 15 000 Vitality fitness points a year.
6. Points earned for uploading workouts with a **fitness device or app**:

To earn up to 150 Vitality points you have to:

1. You have to do at least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% but less than 70% of your age related maximum heart rate; or
2. At least 30 minutes of physical activity in one exercise session a day at a minimum average speed of 4 kilometres an hour; or
3. Track 7 500 to 9 999 steps a day to earn 100 Vitality points; or
4. Track 10 000 to 12 499 steps a day to earn 150 Vitality points.

To earn 50 bonus points you have to:

1. At least 30 minutes or more of physical activity in one exercise session a day at an average heart rate of more than 70% of your age-related maximum heart rate; or
2. At least 60 minutes or more of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate.
3. At least 30 minutes of physical activity in one exercise session a day at a minimum average speed of 7.2 kilometres an hour.
4. At least 60 minutes or more of physical activity in one exercise session a day at a minimum average speed of 4 kilometres an hour.
5. Track 2 500 or more steps a day.
6. Exercise data must be uploaded on 7 April 2015 to qualify for double Vitality points.

Vitality points limits

1. You earn a maximum of 15 000 Vitality points for participating in fitness activities each year.
2. You can also earn a maximum of 24 000 bonus Vitality points for fitness activities each year. Members who have already earned 15 000 Vitality points in the fitness category or 1 000 Vitality points in the month for buying HealthyFood will not get the double Vitality points on World Health Day.
3. Fitness activities and buying HealthyFood only qualify for double Vitality points if you do them on 7 April 2015.
4. Vitality points will be awarded during May 2015.
5. If the Vitality iPad is faulty, there will be a delay in awarding your points.
6. Discovery Vitality reserves the right to change or cancel the offer at its discretion. In the event of such cancellation or alteration, all participants shall waive and abandon any rights they may have against the promoter, its affiliates or associated companies to the extent permitted by law. Prior notice will be given to participants in the event of cancellation or alteration.
7. By participating in this offer, all participants agree to be bound by these rules. Vitality members can obtain a copy of the terms and conditions for this offer at www.discovery.co.za