GoSmokeFree with Vitality
Stop Smoking Using a Clinical Evidence Based Programme

Discovery Vitality aims to make our members healthier by encouraging positive behavioural changes. We have partnered with GoSmokeFree to help our members improve their overall health by stopping smoking while rewarding them for doing so. This is a benefit available for Vitality Health members who are 18 years or older.

What is the GoSmokeFree Programme:

GoSmokeFree is a stop-smoking programme that is available at participating Clicks and Dis-Chem pharmacies. The programme consists of 6 sessions and begins with a pre-quit assessment where a smoker's readiness and motivation to stop smoking is determined and a quit date is set. This is followed by once a week, one-on-one sessions with a nurse who is trained as a GoSmokeFree advisor. The nurse will develop an individual plan for you and guide you on your journey to stop smoking.

For the latest rates, visit GoSmokeFree or the Vitality website.

Determine your readiness and ability to stop smoking by visiting GoSmokeFree today for your appointment booking.

How is it funded and how should I claim:
Discovery Health

- For members who are on a scheme administered by Discovery Health, see rules of your specific health plans to see what is covered by your Medical Saving Account (MSA).
- If it is covered, request that the nurse submit the claim directly to Discovery Health. The system will confirm if your plan covers the cost and if you have available funds.

- Members can also pay cash up front and then claim afterwards by submitting the invoice and proof of payment to Discovery Health for reimbursement.

Vitality HealthyCare benefit

- If you have a Vitality Premium, KeyFit and or Vitality Money policy, or a Balance or Discovery Health medical scheme policy you are eligible to activate the HealthyCare benefit – refer to the relevant HealthyCare benefit guide for more detail.
- You need to have an active HealthyCare benefit and link your ID to your Clicks and Dis-Chem cards in order to receive HealthyCare rewards.
- The nurse will need to swipe your partner card when loading the transaction onto the system.
- You'll then need to pay the full GoSmokeFree programme fee at the cashier to qualify for your cashback benefit. Remember to swipe your relevant HealthyCare card again when making this payment at the cashier.
- Rewards are paid out on the 15th of the calendar month following the purchase, either as store loyalty points or as Discovery Miles if you have a Vitality Money policy.
- You will not receive any HealthyCare rewards for GoSmokeFree if it is processed through your medical aid.

You can earn HealthyCare rewards when you shop in-store or online at Clicks or Dis-Chem for other everyday personal and family care items. View the HealthyCare Clicks and Dis-Chem catalogues to see the extensive list of HealthyCare items you can earn cash back on.

After twelve months of successfully stopping smoking, you can sign the non-smoker's declaration when doing your Vitality Health Check.

Stay in touch

For more questions, use our Ask Discovery chat bot on Whatsapp, the Discovery App, or website. Still haven't found what you're looking for?

Use Vitality 24/7 to chat to a live agent at any time of the day through Ask Discovery. Once in the chat function, type chat to an agent to get real-time assistance.
Alternatively, call 0860 99 88 77 from Monday to Friday between 07:00 and 18:00.

Queries relating to the program will be managed by GoSmokeFree, members can contact GoSmokeFree directly on 021 180 4490.

If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules, the Vitality Main Rules for Vitality Health members will apply at all times.

Specific limits, terms and conditions apply to each benefit and may be subject to change. We will inform you if there are any product or benefit changes.

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