



JEFF



Discovery
Vitality

Johno's e-Fitness Faculty (JEFF)

Getting started

JEFF (Johno's e-Fitness Faculty) is a supportive fitness community of trainers that offers a suite of online fitness classes and nutritional guidance, digitally, so you can enjoy their services from the comfort of your own home.

You'll pay a monthly subscription to sign up to the JEFF fitness programmes and access a host of different types of fitness classes using the JEFF web app. As a Vitality member, you qualify for a monthly 25% discount when signing up for the **JEFF Life** fitness programme, and will earn 50 Vitality points each time you complete 30-minutes or more online workouts using the JEFF web app.

Please note: Members on Vitality Active Rewards for Doctors, SAB, Vitality Health Tracker, Vitality through Personal Health Pathways, and Condition Management do not qualify for the 25% discount.

Earning Vitality points with JEFF

Vitality members, from the age of 18 years, with an active Vitality policy can earn 50 Vitality points towards their Vitality status and towards their weekly Vitality Active Rewards goal, each time you complete online workouts of 30 minutes or more using the JEFF app.

You can earn up to 1,200 Vitality points per month towards your Vitality status by completing online workouts with JEFF. This monthly points cap is in conjunction with the 1,200 monthly points cap for tracking steps, which was implemented from 1 January 2021.

Online workouts with JEFF will also contribute to your annual fitness cap of 30,000 Vitality points. If you have reached any of the Vitality points caps, all additional online workouts with JEFF and step activity will continue to count towards your weekly Vitality Active Rewards goal.

We will only award Vitality points for one fitness event a day. If you complete more than one points-qualifying fitness activity in a day, we will award you points for the higher of the two.

Please note, your points can take up to four days to reflect. You can track your Vitality points by using the [Vitality Points Tracker](#) on the Discovery website.

Linking your JEFF account to Vitality

When you sign up to a JEFF fitness programme on the JEFF app, you will need to indicate that you are a Vitality member and consent to sharing your data with Vitality to earn Vitality points. As a Vitality member, you qualify for a monthly 25% discount when signing up for the **JEFF Life** fitness programme. Your Vitality discount on the JEFF Life fitness programme will apply immediately, as soon as you sign up.

If you have already signed up to JEFF, update [your profile](#) to indicate that you are a Vitality member and consent to sharing your data with Vitality. This will enable you to start earning Vitality points and get your 25% discount on your JEFF Life membership. You can find out more about the JEFF membership options on the [JEFF website](#).

Third-party consent

By activating this benefit, you consent to the following:

- Discovery Vitality (Pty) Ltd and any third party (JEFF) associated with the benefit may share your personal information and exercise data only to the extent needed to effectively manage the benefit.

Please note that the use of this programme may entail leaving Discovery's platform and transacting on a third-party platform (JEFF's).

When it comes to its third-party platform, Discovery Vitality does not:

- Make any representations
- Have any supervision or control over the quality, content, reliability or security of the platform
- Take responsibility for any damages arising from your use of the platform.

You indemnify Discovery Vitality and the Discovery group of companies against claims for any such damages.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for your workouts with JEFF. However, you can continue to use JEFF in your personal capacity. Keep in mind that when your Vitality membership ends, your 25% monthly discount will also no longer apply.

Questions unanswered?

Find out more about [fitness devices and apps](#) or visit our [help page](#). You can also read a [full set of Vitality rules](#). If there is a conflict between rules in this benefit guide and the Vitality rules, the [Vitality rules](#) will always apply.

Stay in touch

For more information about the benefit visit www.discovery.co.za or call 0860 99 88 77.

Keep up to date with the latest news from Vitality: Download the  Discovery app.

Follow Discovery Vitality on      (Vitality_SA).

Not yet a Vitality member? [Join today](#), it only takes in 60 seconds.

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