

A young woman with dark hair in a braid, wearing a grey sports bra and black shorts, is smiling and looking at a young man. She has her arm around his shoulder. The man is wearing a black tank top, a grey baseball cap worn backwards, and is also smiling. The background is a light blue wall with a large, vibrant pink diagonal stripe. A white rectangular frame is overlaid on the image, and there are some white geometric shapes in the bottom right corner.

VITALITY ACTIVE 2024

Live life with Vitality

Earn Vitality points to improve your Vitality status

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
- 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 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.

FURTHER 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 thereafter 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 Pick n Pay, 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 | per day |
| 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 | |

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

MEASURING FITNESS LEVELS

Earn up to 10,000 points immediately depending on how fit you are. We've started awarding points for VO₂ max measured by fitness devices during workouts. This is simply the amount (volume) of oxygen your body uses while exercising. It's a common tool to understand your fitness.

You can earn these point by doing a Vitality Fitness Assessment or by simply using a device that measures your VO₂ max.

VITALITY FITNESS ASSESSMENT

Earn a minimum up to **10,000** points for completing a Vitality Fitness Assessment or by using a fitness device that can read your VO₂ max measurements.

Earn up to **30,000** Vitality points for fitness activities and doing a Vitality Fitness Assessment or measuring VO₂ max through a fitness device. Vitality points will only be awarded for one fitness activity a day.

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
- 06 | Falls risk assessment

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, 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 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 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

GET UP TO 75% OFF ON YOUR MONTHLY GYM FEES

PAY AS YOU GYM

FITNESS DEVICES

HEALTHYFOOD REWARDS

STER-KINEKOR

PERSONALISED COACHING

WHAT YOU NEED TO KNOW

▶ Your maximum saving depends on how many times you exercise at the gym in a month. *Join today! Limited offer.

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

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

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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 24 free visits across the Vitality Fitness network.**



Book a class

Choose from over 400 exercise facilities and book a class that suits you in the expanded Vitality Fitness network. Plus get 24 free visits a year.



Join gym

Instantly activate a Virgin Active or Planet Fitness membership in the Discovery app and save up to 75% on monthly membership fees. Plus, pay a flat activation fee of only 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 exclusive access and 20% off when booking at an Africa Padel court 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, 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

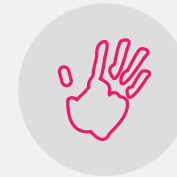
- No cellphone usage
- No speeding
- No harsh breaking
- No excessive acceleration
- No harsh acceleration



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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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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