

Dis-Chem
PHARMACIES

 Discovery
Vitality

HEALTHY CARE

CATALOGUE

Look after yourself and your family and get rewarded on HealthyCare products

Discovery Vitality brings you the HealthyCare benefit to help you take better care of yourself and your family's overall health and wellbeing through prevention. The benefit makes everyday personal and family care easier and more affordable with rewards on thousands of HealthyCare items.

Get rewarded on thousands of HealthyCare items

You can earn rewards when you buy items listed in the HealthyCare catalogue at Dis-Chem. Remember to swipe your Dis-Chem HealthyCare card before the cashier rings up your purchases to earn rewards*.

- 01 | You can activate this benefit and get up to 10% back by logging into www.discovery.co.za and navigating to Vitality HealthyCare.
- 02 | Choose your main HealthyCare partner.
- 03 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any Dis-Chem or accredited pharmacy in the Vitality Wellness Network to increase your rewards by up to 25%.
- 04 | Complete both assessments every 12 months to keep your rewards at up to 25% at your main partner.

* Rewards are converted to store loyalty points and paid into your Dis-Chem HealthyCare card.

Members on Medical Scheme plans administered by Discovery Health can get 10% back on thousands of HealthyCare items at Dis-Chem.

Balance members get up to 15% back on thousands of HealthyCare items at Dis-Chem. To increase your rewards by up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment, once every 12 months.

IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE

Products in this catalogue depend on supplier availability and may only be available at certain Dis-Chem stores. The products in the HealthyCare range may be replaced and changed from time to time. This catalogue will be kept updated with the latest qualifying items. All items not showing in the catalogue have been excluded from the HealthyCare benefit.

Check back regularly for the most updated list on www.discovery.co.za





How to use this catalogue

This HealthyCare catalogue lists the products that qualify for the HealthyCare benefit. Use this catalogue as your guide to making HealthyCare choices when shopping at Dis-Chem. The items included in the HealthyCare benefit below are all directly used for preventive care.

The HealthyCare benefit is made up of thousands of products that are divided into different main product categories:

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Baby Care

* Bottles & teats, bottle cleaning utensils, food, formula, feeding cups with teats straws or spouts, and related accessories excluded.

BABY ACCESSORIES

Baby feeding utensils

- Bowls
- Cutlery
- Plates
- Feeding utensil sets

Baby monitoring

- Audio monitor
- Baby monitor
- Baby scale
- Movement and sound monitor
- Video monitor

Bath and changing

- Bath mat
- Bath seat
- Bath support
- Bath stand
- Bath tub
- Bath thermometers
- Changing mat/pad

Child proofing and safety

- Bed guards / rails
- Corner cushions
- Door stoppers
- Gates
- Locks & latches

- Plug protectors
- Sun shades

Driving

- Belted base
- Booster seats
- Car mirror
- Car seats
- Car seat covers

Grooming

- Brush and comb
- Cotton wool, balls, buds, rounds
- Gum massager
- Infant toothbrush
- Manicure set
- Nail clippers
- Nail scissors

Hardware

- Baby carrier
- Bassinets
- Bouncer/Rocker
- Camp cots
- Co-sleepers
- Cots
- High chairs
- Mattress, sheets and protectors
- Nursery Organiser
- Playpen
- Prams
- Strollers

Teething and soothers

- Teethers
- Soothers/dummies
- Soothing clips and holders

*excludes teething necklaces

BABY CLEANSING PRODUCTS

Baby body/bath wash

Baby cologne

Baby foam bath

Baby hair detangler

Baby oils

Baby powder

Baby shampoo & conditioner

Baby soap

Hand cleanser

Sterilizing fluid, spray and tablets

BABY HEALTH

Colic calmer

Cradle cap cream / oil

Gripe water

Infant drops

Medicine dispensers

Medical kit

Milk of Magnesia

Mosquito creams / nets / sprays

Nasal aspirator

Nasal spray

Paediatric syrup

Teething gels and powders

Thermometers
Worm syrup

BABY CREAMS AND LOTIONS

Aqueous cream
Baby body cream/lotion/oils
Barrier bum creams/pastes
Nappy rash ointment
Petroleum jelly
Sun cream

MATERNITY CARE

Baby bags

Breast care

- Breast pads
- Nipple cream
- Nipple shield

Breast pumps and accessories

- Breast pumps (Manual and electric)
- Breast pump accessories
- Breastmilk storage bags/cups

Maternity care

- Linen savers
- Maternity pads

** Tissue oils & stretchmark oils and creams are excluded*

Maternity wear

- Feeding scarves, shirts and shawls
- Maternity bands, belts and binders
- Maternity bras
- Maternity panty

- Preggy socks

Pregnancy supplements

** Only Dis-Chem **house branded** pregnancy supplements in the below categories have been selected:*

- Folic acid
- Pregnancy multivitamins-mineral supplements with/without omega 3

DIAPERS, PANTS & WIPES

Baby wipes
Disposable diapers
Reusable diapers
Swim diapers
Training pants

BINS

Nappy Bins
Nappy bin refills

TOILET TRAINING

Potty
Potty seats
Step stools
Toilet trainers



Chronic Care

Providing support in the daily management of chronic health conditions.

EXTERNAL MEDICAL ITEMS/ASSISTED LIVING

Bath aids
Commode
Crutch
Elderly aids
Shower Chair
Support cushions
Toilet Aids
Walkers
Walking stick
Wheelchairs and spare parts

HOME DIAGNOSTIC TESTS AND ACCESSORIES

Blood glucose test strips and kits
Home tests
Lancets and devices for blood sampling
Pill box
Scales
Stethoscopes
Tablet cutter
Thermometers

MEDICAL INCONTINENCE

Incontinence nappies
Incontinence pads
Incontinence pants
Linen protectors

MONITORING DEVICES

Blood pressure monitors

** wrist blood pressure monitors are excluded*

Glucose monitors

Oximeter

** Nebulizers excluded*

HEALTHMONITOR DEVICE BENEFIT FOR VITALITY 65+ MEMBERS

** Vitality 65+ members save up to 50% on the below health monitoring devices with the HealthMonitor Device benefit*

Blood Pressure Monitors:

- Braun BP monitor upper arm Bua6150*
- Omron BP monitor M6 comfort automatic*
- Omron BP monitor M7 intelli bluetooth*
- Tensoval Duo Contr BP monitor large cuff*
- Tensoval Duo Contr BP monitor medium cuff*

Glucometers:

- Accu-Chek instant meter*
- Accu-Chek active kit*

Wireless Scales

- Elektra Smart Scale*



Clinic Services

MOTHER AND BABY WELLNESS

PRIMARY HEALTHCARE SERVICES

SCREENING TESTS



Dental Care

DENTAL FLOSS AND WATER FLOSSERS DENTURE CARE

Cleanser

Denture accessories

Fixative

INTERDENTAL

MOUTHWASH AND SPRAYS

TOOTHBRUSHES

Manual

Electric

Brush heads

TOOTHPASTE



Emergency Care

ANTISEPTIC LIQUID, OINTMENT AND SPRAYS

BANDAGES, DRESSINGS, PLASTERS AND TAPES

COTTON WOOL PRODUCTS

FIRST AID

Burn shield

Face masks

First Aid Accessories

First Aid Kits and refills

Gloves

MUSCLE RUBS, OINTMENT AND GELS

Chaffing creams

Hot/Cold packs, gel, patches and wraps

Massage gels, oil and rubs

Muscular pain relief creams, gels, ointment and sprays

SLINGS AND SUPPORT

Ankle Support

Arm sling

Back support

Cervical collar

Compression Stockings

Elbow support

Finger splints

Knee Support

Moon boot

Sports tapes and strapping

Wrist Support



Eye Care

CONTACT LENS CARE

EYE CARE PREPARATION

READING GLASSES

** Excludes sunglasses*

EXERCISE ACCESSORIES

Exercise band
Exercise wheel
Foam roller
Grip wrist wrap
Gym ball
Gym/yoga mats
Leather belts
Mouth guards

HUMIDIFIERS AND AIR PURIFIERS

NUTRITIONAL SUPPLEMENTS

Although it is best to follow a healthy, balanced diet for optimal health, we have a selected house-branded range of supplements to support your diet, where necessary.

** Only Dis-Chem house branded supplements in the below categories have been selected;*

Dis-Chem essential omega 3 fatty acids

- Fish oil
- Flaxseed oil
- Krill oil

Dis-Chem multivitamin and minerals

Dis-Chem prebiotics and probiotics

** Single vitamin and mineral supplements are excluded as supplementing with these may result in excessive intakes.*

SELECTED FITNESS DEVICES

** Monitoring fitness and health can help identify areas for improvement and progress.*

Fitbit

- Fitbit Alta assorted
- Fitbit Charge assorted
- Fitbit Flex assorted
- Fitbit Inspire assorted
- Fitbit Ionic Smartwatch
- Fitbit Sense assorted
- Fitbit Versa assorted

Garmin

Garmin Forerunner Assorted

WATER PURIFICATION

Water filters and dispenser



Foot and Hand Care

CREAMS AND LOTIONS

Anti-fungal nail treatment
Corn and callus ointment and balm
Foot cream, scrubs and soaks
Hand creams and lotions
Heel balm
Medicated footcare
Nail repair cream

IMPLEMENTS AND ACCESSORIES

Bunion guard
Callus file
Callus pads and cushions
Corn cutter
Corn protector
Corn wraps, caps and pads
Fascia Orthotic
Foot file
Heel and arch supports
Heel grips and cushions
Nail clippers
Nail scissors
Pumice stone
Toe protector
Wart freezer

FOOT POWDERS AND SPRAYS

FOOT SUPPORTS, INSOLES AND INSERTS



Over-The-Counter Medicine

** Remember to swipe your Dis-Chem loyalty card at the pharmacy counter before the S1 & S2 medicines are dispensed. This is in addition to swiping your loyalty card at the till point when making payment for the full basket purchase.*

SCHEDULE 1 MEDICINE

SCHEDULE 2 MEDICINE

Products to Stop Smoking

Stopping smoking drastically reduces the risk of cardiovascular disease and cancer.

NICOTINE REPLACEMENT THERAPY

Gums

Patches

SmokeFree cessation program

Sprays

Self Care

CONDOMS

EAR AND NOSE CARE

Ear Plugs

Ear care preparations

- Ear drops
- Ear cleanser
- Ear rinse

Hearing aid batteries

Nasal decongestants

Wax remover

FEMININE HYGIENE

Feminine cleanser

Feminine intimate wash

Feminine wipes

Menstrual cups

Panty liners

Sanitary pads / towels

Tampons

MEDICATED HAIR CARE

Anti-dandruff shampoo and conditioner

Anti-lice shampoo, conditioner, comb, spray, kit

Medicated hair care

SKINCARE

Acne creams

Aqueous cream and body lotions

** Only included unscented creams with no irritants, perfume or colouring*

Eczema cream

Medicated creams and lotions

Petroleum jelly

Psoriasis cream

SELF-CLEANSING PRODUCTS

Liquid hand soap

Selected soap bars and body washes

- Aqu Bar
- Cetaphil
- Cuticura
- Dettol
- Dischem
- Epiwash
- Lifebuoy
- Protex
- Pure

- Safeguard
- Sanex
- Savlon
- Tetmosol

SANITISERS

- Hand sanitiser
- Sanitiser refills
- Sanitiser surface sprays
- Sanitiser wipes
- Waterless sanitiser

SELF-MEDICATION (SCHEDULE 0)

Analgesics & Antipyretics

- Body temperature
- Inflammation
- Pain

Cough and cold

- Cough and cold remedies
- Nasal spray
- Throat lozenges and sprays

Gastrointestinal

- Antacid
- Laxatives
- Electrolyte replacement and rehydrate

** Homeopathic remedies, Vitamins & Minerals, Nutraceuticals excluded*



Sun Care

AFTER SUN CREAM, LOTION AND SPRAYS

SPF LIP BALM

SUN CREAM, SPRAYS AND LOTIONS

** Tinted/bronzing sun care items are excluded*



Excluded categories

Beauty tools and accessories
Bubble bath
Candles and home fragrances
Clothing, shoes and socks
Deodorant
Food and beverage
Fragrances
Gift sets
Hair removal / shaving
Hair styling tools
Hairbrushes and accessories (incl wigs and weaves)
Home cleaning
Home décor and houseware
Homeopathic, tonics and herbal remedies
Kitchen and household appliances
Makeup
Paper and plastic (incl toilet rolls)
Regular Hair shampoo & conditioner
Skincare
Stationery
Toys and games
Travel accessories





Discovery has worked closely with its partners to ensure the products included are safe and promote a healthier lifestyle. Every effort has been made to choose the best quality products to promote overall health and wellness. Discovery Vitality (Pty) Ltd is not responsible for any side effects or reactions an individual may experience as a result of using these products. Discovery is also not responsible for any products that do not work for any reason. Please speak to a healthcare professional before buying any of the products and read the package inserts on how to use these products safely. Schedule medication bought using the Vitality HealthyCare benefit does not qualify for the additional Vitality Money boost. Therefore, the maximum HealthyCare reward you can earn on any schedule medication is up to 25% back.

Terms and conditions apply. For more information, please visit www.discovery.co.za or call 0860 99 88 77.

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