



# DISCOVERY VITALITY 2024

Live life with Vitality

# Vitality rewards you for knowing and improving your health

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you understand your health, keep track of your progress towards a healthier you and rewards you for making better choices with a premium range of health, lifestyle and leisure benefits. You can also earn more rewards with our Vitality Money and Vitality Drive programmes.



Click [here](#) to understand more about how Vitality works and how to maximise each of these benefits.

# Earn Vitality points to improve your Vitality status

You can earn Vitality points every time you take a step toward knowing or improving your health. All these points add to your Vitality status and doing certain assessments helps you earn and boost your rewards.

## Points you can earn if you're between 18 and 64

### 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 a greater 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.

### OTHER HEALTH CHECKS

#### Earn Vitality Health points based on your age and gender

- |   |   |
|---|---|
| Pap smear ..... <b>2,500 points</b>           | Initial HIV test ..... <b>7,500 points</b>                                  |
| Mammogram ..... <b>2,500 points</b>           | Annual HIV test after that ..... <b>1,000 points</b>                        |
| Colonoscopy ..... <b>2,500 points</b>         | Being registered for managing a chronic condition ..... <b>2,500 points</b> |
| Dental health check ..... <b>1,000 points</b> | Glaucoma screening ..... <b>2,500 points</b>                                |
| Flu vaccine ..... <b>1,000 points</b>         |   |

### NUTRITION

- Buy HealthyFood items at Checkers, Pick n Pay or Woolworths ..... **up to 12,000 points**
- Visit a dietitian ..... **1,000 points**

### EXERCISE

- |   |         |
|---|---------|
| Exercise at the gym or approved fitness facility ..... up to <b>100 points</b>          | per day |
| Track your exercise on your smartphone or fitness device ..... up to <b>300 points</b>  |         |
| Complete an online workout through a Vitality-accredited partner ..... <b>50 points</b> |         |
| Game of padel ..... <b>100 points</b>   |         |

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

### MEASURING FITNESS LEVELS

Earn up to 10,000 points immediately, depending on how fit you are. This is simply the amount (volume) of oxygen your body uses while exercising. It's a common tool to understand your fitness.

### VITALITY CARDIO FITNESS LEVEL

Vitality members can earn up to **10,000** Vitality points for their Vitality cardio fitness based on the average of the last five VO<sub>2</sub> max scores from their Apple, Garmin or Samsung fitness device or from the results of a Vitality Fitness Assessment.

Members will earn Vitality fitness points based on their Vitality cardio fitness level, age, and gender. These points will contribute to the maximum 30,000 Vitality fitness points that members can earn in one year.

Vitality will award for one fitness activity a day (whichever earns the highest points).

## Additional points you can earn if you're 65+

### 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 a greater 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 the health risks identified during your health check and earn Vitality points for the assessment and management of your health risks.

- Extended consult with a Premier Plus GP .....up to **2,500 points**
- Optometrist consult .....up to **3,500 points**
- Audiologist consult .....up 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





Your Vitality Health status is a key indicator of how healthy you are. Earn Vitality points by getting active, eating well and doing all your health checks. 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 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
<b>1 adult</b>	Start on <b>Blue</b> Vitality status	7,500	25,000	40,000	50,000
<b>2 adults</b>		15,000	50,000	80,000	100,000
<b>Additional adult dependants</b>		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		SAVINGS	HOW IT WORKS
	ADULTS	<b>75% OFF</b>	▶ Exercise at the gym at least 3 times a month (that's 36 times a year) to keep your minimum saving.
	KIDS	<b>50% OFF</b>	▶ The main Vitality member must be a gym member for your child to get the benefit.
	PAY AS YOU GYM	<b>FROM R75</b>	▶ Activate your zero monthly fee Discovery Account or Discovery Bank account to access any Virgin Active or Planet Fitness gym on a pay-per-visit basis.
<b>VITALITY FITNESS</b>	ACCESS 400+ FITNESS FACILITIES	<b>UP TO 24 FREE VISITS</b>	▶ Vitality members get up to 24 free visits per calendar year to use at any facility in the expanded Vitality Fitness network.
	ADULTS	<b>HALF PRICE</b>	▶ For all 2D and 3D movies. Save 25% at IMAX, Cine Prestige or NT Live.
	KIDS	<b>FREE</b>	▶ Kids enjoy free movies before 7 pm at selected cinemas, once you've completed an Online Kids Vitality Health Review.
	VITALITY HOLIDAY ACCOMMODATION	<b>UP TO 25% OFF</b>	▶ Choose from hundreds of local Vitality holiday accommodation partners. Plus, get access to millions of non-discounted local and international listings on Vitality Travel through Booking.com.
	CAR HIRE	<b>UP TO 25% OFF</b>	▶ Enjoy unlimited car hire throughout the year.
<b>VITALITY HEALTHYWEIGHT PROGRAMME</b>	PERSONALISED NUTRITION COACHING	<b>FROM R250 PER MONTH</b>	▶ Get access to a hands-on weight management programme led by your personal nutrition coach to assist with every step of your journey.

# Your Vitality **benefits in a snapshot**

Engage in various health activities to enjoy these savings.

		ACTIVATE THE BENEFIT	FIND OUT YOUR VITALITY AGE AND DO A VITALITY HEALTH CHECK	ACHIEVE YOUR VITALITY ACTIVE REWARDS EXERCISE GOALS	INCREASE YOUR REWARDS THROUGH DISCOVERY BANK
	FLIGHT SAVINGS	10%	25%		Up to 75%
<b>Checkers</b> 	HEALTHYFOOD REWARDS	10%	25%		Up to 75%
	INSTORE ONLINE				
	HEALTHYCARE REWARDS	10%	25%		Up to 50%
	HEALTHYBABY REWARDS	10%	25%		Up to 50%
	HEALTHYDINING REWARDS	10%	25%		
	SPORTS GEAR AND EQUIPMENT	10%	25%		
	FITNESS DEVICES	10%	25%		Up to 50%
	NIKE PERFORMANCE GEAR AND APPAREL	10%	25%		Up to 50%
<b>OUR PADEL NETWORK</b>	DISCOVERY VITALITY PADEL BENEFIT	20%			

Checkers and Discovery Vitality Padel benefit coming soon in 2024.



THE MOST AFFORDABLE WAY TO GET YOUR NEXT APPLE WATCH

Get a Discovery Bank credit card and fully fund your next **Apple Watch** when you achieve your Vitality Active Rewards exercise goals over 24 months.



# Vitality **HealthyFood benefit**

With more partners to choose from, filling your virtual or physical shopping basket has never been more rewarding!  
Get up to 75% back on thousands of HealthyFood items at Checkers, Pick n Pay or Woolworths. Maximize your rewards instore and online.

## Follow 4 easy steps to maximise rewards

### 01 Set up the benefit

Select a primary instore partner and a primary online partner.

- Checkers
- Checkers SIXTY60
- Pick n Pay
- Pick n Pay asap!
- W WOOLWORTHS
- WOOLIES DASH

**Get 10% back**  
at each primary partner.

### 02 Maximise rewards



Complete a  
Vitality Age assessment



and a Vitality  
Health Check

**Get 25% back**  
at each primary partner +  
**get 10% back** at  
other partners.

### 03 Use the partner loyalty card

Make sure your partner loyalty card is swiped at the point of purchase or loaded on the app when ordering online.



### 04 Get rewarded

Buy HealthyFood at instore and online partners and get rewarded.



Earn rewards on HealthyFood spend of **up to R2,500** for a single member.



Earn rewards on HealthyFood spend of **up to R5,000** for a family.

# 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 up to 24 free visits across the expanded Vitality Fitness network.**



## Book a class

Choose an exercise facility and book a class that suits you in the expanded Vitality Fitness network. Plus, get up to 24 free visits a year.



## Join gym

Instantly activate a Virgin Active or Planet Fitness membership in the Discovery app and save 75% on monthly membership fees. Plus, pay a flat activation fee of up to 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 advanced booking access and 20% off when booking at our padel network 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 any gym or fitness facility that suits you
- Track your exercise on your smartphone or a Vitality-linked fitness device
- Complete workouts at a Vitality-accredited partner
- Complete a free parkrun
- Participate in a Vitality-timed race event with Team Vitality
- Play a round of golf



### Drive

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



### Spend

- Every R10 of qualifying Discovery Bank card spent = 1 spend point
- Maintain a minimum savings balance based on your chosen Discovery Bank product

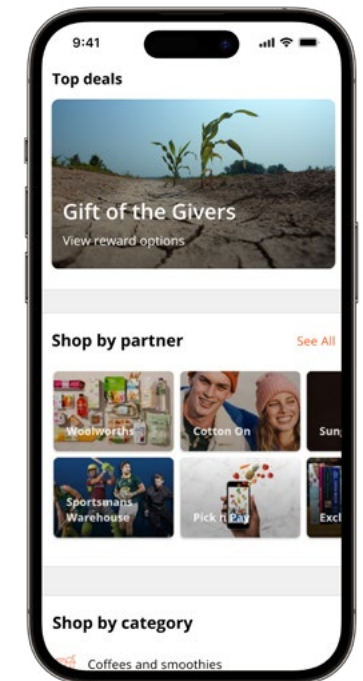
## Enjoy weekly rewards



Choose an instant reward  
OR  
Play the gameboard on  
Rewards Wednesday



## Spend Discovery Miles in the Vitality Mall



# Even more **Vitality Active Rewards**

Vitality Active Rewards is more personalised and more rewarding than ever before. You now have even more reasons to achieve your exercise, drive and spend goals every week. The more you exercise, the better you drive and the more you spend, the more you get back – all upgraded in the Discovery Bank app. You can earn thousands of Discovery Miles every week and a range of personalised rewards, all found on your customised gameboard.

## Earn extra rewards for increased engagement



### REWARDS MULTIPLIER

Earn a Rewards Multiplier when you reach specified goal streaks. Redeem it for an increased instant reward or double your Discovery Miles when you play the gameboard on Rewards Wednesday.



### REST WEEK

Get some rest and rejuvenation after a 25-week streak and take a **Rest Week** without breaking your streak.



### SNEAK PEEK

Achieve double your weekly exercise or spend goal or have a perfect driving week and get a Sneak Peek at a tile on your gameboard.

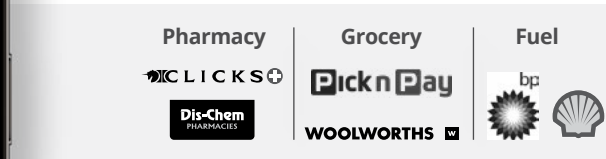


## Personalised gameboards that reward your engagement



### SPEND TILES

Earn your weekly pharmacy, grocery or fuel spend back in Discovery Miles by revealing a spend tile.



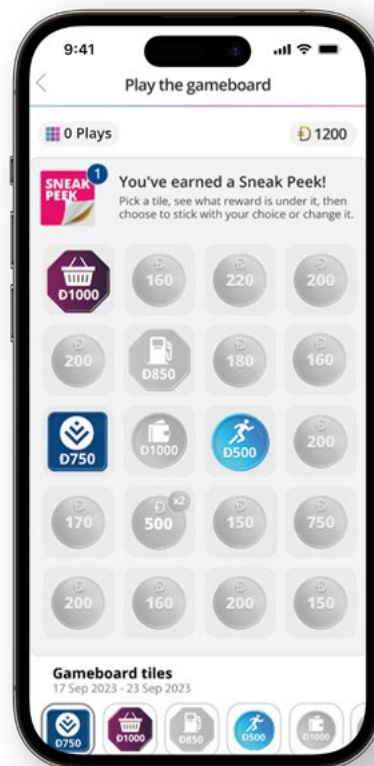
### ACTIVITY TILES

Earn your weekly exercise, drive or money points back in Discovery Miles by revealing an exercise, drive or money tile.



### DISCOVERY TILES

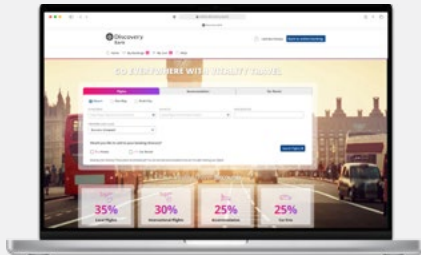
Earn Discovery Miles depending on how many Discovery products you have by revealing a **Discovery tile**.



Vitality Active Rewards 3.0 uses Discovery Bank's advanced technology to give you personalised rewards that are tailored to your level of engagement. Download the Discovery Bank app to access the biggest upgrades to Vitality Active Rewards yet. You can choose from a range of rewarding accounts, including the zero monthly fees Discovery Account. Alternatively, Vitality Active Rewards will remain unchanged in the Discovery app.

# Go everywhere with **Vitality Travel**

You can access Vitality Travel through the new Discovery Account, a fully digital bank account with zero monthly fees, or a Discovery Bank transaction or credit card account OR maximise your benefits and rewards with a full banking suite.



With the Vitality Travel booking platform, powered by Discovery Bank, you can book your entire trip in a single, convenient checkout, access all your Vitality Travel benefits in one place, and compare pricing across airlines, car hire and accommodation.



## PRIORITY FAST TRACK

Enjoy faster security clearance with a Discovery Bank Black or Purple account at OR Tambo and Cape Town International Airport with Discovery Bank Priority Fast Track.



## THE LOUNGE

Discovery has partnered with South African Airways (SAA) to give clients with qualifying accounts access to The Lounge, a world-class airport lounge experience.



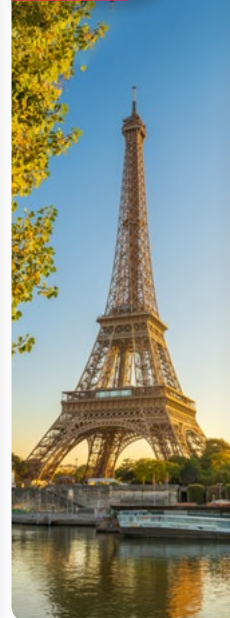
## FLIGHTS

Get up to **25% off** local and international flights. Boost your flight discount up to **75%** with Discovery Bank.



## CAR HIRE

Go everywhere in South Africa with unlimited car hire bookings. Get up to **25%** unlimited car hire throughout the year.



Get up to **25% off** at local Vitality holiday accommodation partners.



Plus, access a wide range of non-discounted local and international listings on Vitality Travel through Booking.com and choose to pay with your Discovery Miles.



# Vitality for **every stage of your life**

We know that your health needs will change throughout your life. So we've adapted to reward you for participating in healthy behaviours at every stage of your life. That's why you have access to these additional programmes within Vitality, at no extra cost.



## **PREGNANCY AND UNTIL YOUR BABY IS 2**

- Get up to **50%** back on strollers, nappies, baby essentials and more at Baby City, Babies R Us and Toys R Us.
- Receive a Vitality Baby **gift box** filled with useful information and exciting gifts for you and your baby.
- Pregnant women earn **extra** Vitality points for eating well and exercising safely during pregnancy.



## **KIDS AGED 3 TO 13**

- Kids get to earn their own **Discovery Miles** and can redeem them for age-appropriate rewards through Vitality Active Rewards for Kids, managed and run through the parent's Discovery app.
- Watch movies for **free** before 7 pm at selected cinemas.
- Get **50%** back on kids' healthy meals at HealthyDining partner restaurants.



## **TEENS AGED 14 TO 17**

- Teens can earn their own **Discovery Miles** by achieving their weekly exercise goals through Vitality Active Rewards for Teens.
- Watch movies for **free** before 7 pm.
- Save up to **50%** on monthly membership fees at Virgin Active or Planet Fitness.



## **VITALITY 65+**

- Save up to **75%** on selected health monitoring devices at Dis-Chem.
- Get **25%** off Vitality Active Rewards redemptions worth R350 and up.
- Get the full activation fee **refunded** with the Apple Watch for 65+ benefit.
- Get up to **50%** premium payback every year based on your Vitality Drive status.

Visit [discovery.co.za/vitality](https://discovery.co.za/vitality) for more information on all these offerings.

### GET THE LATEST INFORMATION ABOUT VITALITY

-  [www.discovery.co.za](http://www.discovery.co.za)
-  Discovery Vitality
-  @Vitality\_SA
-  @vitalitysa\_
-  @Discovery\_SA
-  Discovery\_SA

### DOWNLOAD THE DISCOVERY APP

To join Vitality or to find out more about our other Vitality products, visit [www.discovery.co.za](http://www.discovery.co.za). You can also contact your financial adviser or your company's HR representative.

VITALITY RATES	Member: <b>R359</b>	Member + 1: <b>R439</b>	Member + 2: <b>R509</b>
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