

How Vitality Move works



What is a Vitality Health Check?

The Vitality Health Check is a simple and convenient set of the most essential health screening and preventive tests. This includes:

- 01 | Blood pressure
- 02 | Blood glucose
- 03 | Cholesterol
- 04 | Weight assessment/BMI
- 05 | Non-smoker's declaration

You can do a Vitality Health Check at any pharmacy in the Vitality Wellness Network.

One Vitality Health Check a year is paid from the Screening and Prevention Benefit of most medical scheme plans administered by Discovery Health (Pty) Ltd.

BMI is a measure of your weight in relation to your height.

What is a fitness day?

You can get active in various ways to earn fitness days. 1 fitness day is:



- 1 parkrun
- or
- 1 gym visit
- or
- 10 000 + steps

Steps can be recorded daily by linking the Apple Health app or Samsung Health app to Vitality.



Get healthy
Get rewarded



Vitality Move | 2018

Get rewarded for healthy living

Contact Vitality on 0860 99 88 77 | www.discovery.co.za

Discovery Vitality (Pty) Ltd is an authorised financial services provider. Registration number: 1999/007736/07. Please note all information displayed in this brochure is only a summary of the Vitality benefits. Specific terms, conditions and limits apply to each benefit. All information displayed in this brochure was correct at the time of printing. Certain benefits will go live during the course of 2018. Members will be alerted when each benefit goes live. Visit www.discovery.co.za to stay updated.

Get rewarded for healthy living

Vitality Move, available to all Discovery Health Medical Scheme members, is a Discovery Vitality programme that rewards everyone for taking steps towards a healthy lifestyle.

Activate Vitality Move for FREE to win HealthyFood shopping rewards at Pick n Pay and more



Swipe your Vitality Move card every time you shop at **Pick n Pay**



Stand a chance to **win** back your **HealthyFood** shopping spend every time you swipe



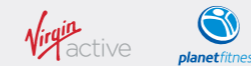
Do a Vitality Health Check to learn more about your health



Stand a chance to **win** back your **full shopping** spend every time you swipe your card

Upgrade for R35 and get up to R300 back on monthly shopping, gym and movies

Get up to **R100** off monthly gym fees



Get up to **R100** in Pick n Pay shopping rewards every month

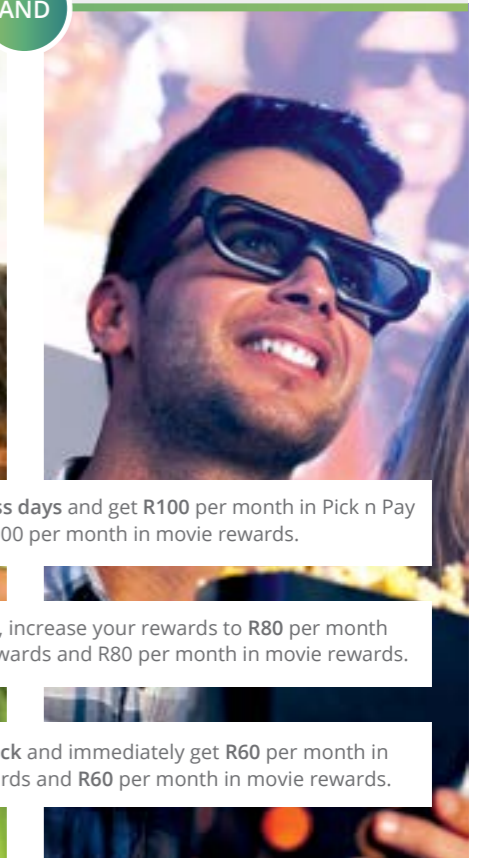
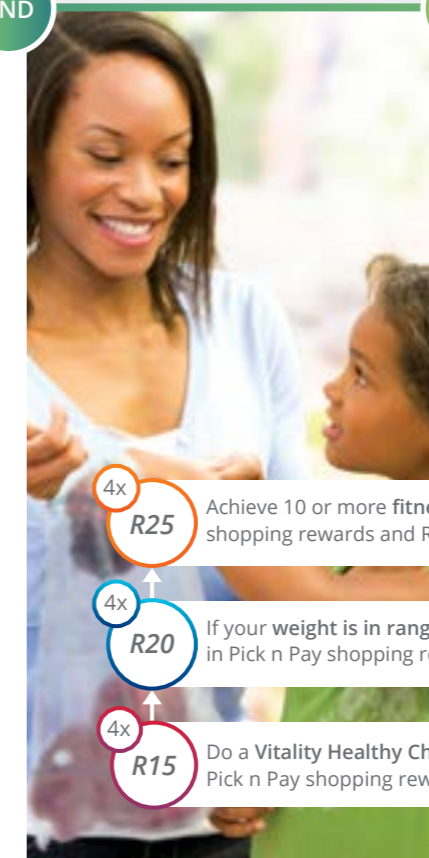


Get up to **R100** off movie tickets every month



AND

AND



- 4x **R25** Achieve 10 or more **fitness days** and get R100 per month in Pick n Pay shopping rewards and R100 per month in movie rewards.
- 4x **R20** If your **weight is in range**, increase your rewards to R80 per month in Pick n Pay shopping rewards and R80 per month in movie rewards.
- 4x **R15** Do a **Vitality Health Check** and immediately get R60 per month in Pick n Pay shopping rewards and R60 per month in movie rewards.