



Get healthy  
Get rewarded



## Vitality Move | 2018

Get rewarded for healthy living

# Get rewarded for

Vitality Move, available to all Discovery Health Medical Scheme members, is a Discovery

## 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

# or healthy living

Vitality programme that rewards everyone for taking steps towards a healthy lifestyle.

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

Get **R100** off monthly gym fees



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

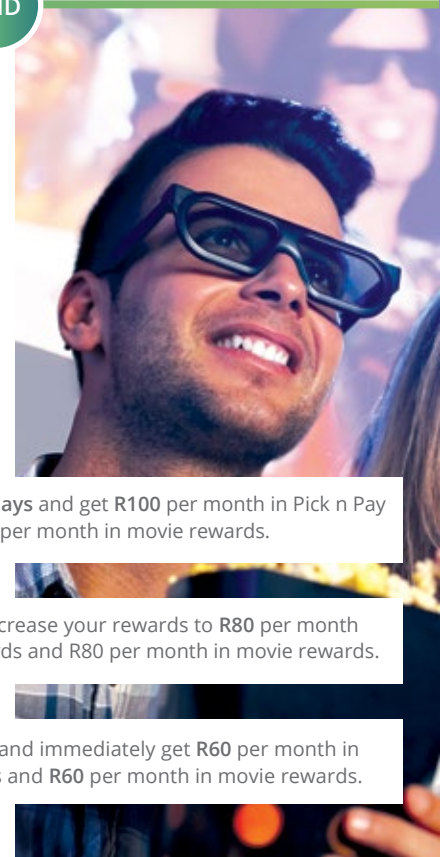
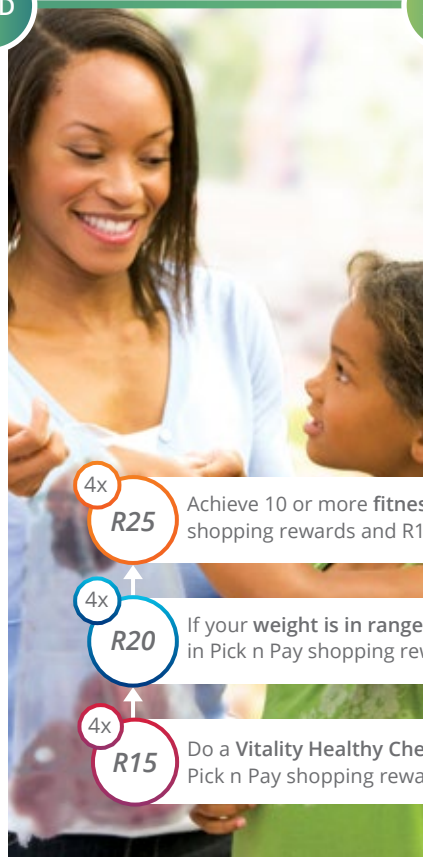


Get up to **R100** off movie tickets every month



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 Healthy Check and immediately get R60 per month in Pick n Pay shopping rewards and R60 per month in movie rewards.

A transaction of R250 or more at Pick n Pay is required to qualify for a shopping voucher in that week.

# 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.

Contact Vitality on 0860 99 88 77 | [www.discovery.co.za](http://www.discovery.co.za)

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