



# DISCOVERY VITALITY 2023

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 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. In addition, you can 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.



# BY EARNING 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 aged 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.

### VITALITY FITNESS ASSESSMENT

Earn **2,500** points and up to **5,000** additional points depending on how fit you are. You can earn **up to 15,000** points if you achieve the upper levels of the Vitality High Performance Fitness Assessment.

Earn up to **30,000** Vitality points a year for fitness activities and doing a Vitality Fitness Assessment. Vitality points will only be awarded for one fitness activity a day.

### 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 per day**  
Complete an online workout through a Vitality-accredited partner ..... **50 points per day**  
Complete a free parkrun ..... up to **300 points per event**  
Participate in a Vitality virtual event ..... up to **300 points per event**  
Participate in a Vitality-timed race event ..... up to **3,000 points per event**  
Play a round of golf ..... **100 points per event**

### NUTRITION

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

### FURTHER HEALTH CHECKS

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

Pap smear ..... **2,500 points**  
Mammogram ..... **2,500 points**  
Colonoscopy ..... **2,500 points**  
Dental health check ..... **1,000 points**  
Flu vaccine ..... **1,000 points**  
Initial HIV test ..... **7,500 points**  
Annual HIV test thereafter ..... **1,000 points**  
Being registered for managing a chronic condition ..... **2,500 points**  
Glaucoma screening ..... **2,500 points**

## 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

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** you will complete the following pre-screening test to understand your health risks:

- 06 Falls risk assessment

Earn **500 Vitality points** for completing all three pre-screening tests, 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 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

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 <b>Blue</b> 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 (PAGE 1/2)

You can enjoy these savings from the day your Vitality membership starts.

		REWARDS	WHAT YOU NEED TO KNOW
	Adults	Up to 75% off	▶ Your maximum saving depends on how many times you exercise at the gym in a month.
	Kids	50% off	▶ The main Vitality member needs to be a gym member for your child to get the benefit.
	Pay as you Gym	From R75	▶ 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.
	Adults	Half price	▶ For all 2D and 3D movies. Save 25% at IMAX, Cine Prestige or NT Live.
	Kids	Free	▶ Kids enjoy free movies before 7pm, once you've completed an Online Kids Vitality Health Review.
	Flights	Up to 35% off	▶ Enjoy savings with the only programme that provides upfront discounts on all local airlines and key international airlines. Activate your zero monthly fee Discovery account in order to access the Vitality Travel benefit.
	Vitality holiday accommodation	25% off	▶ Choose between hundreds of local Vitality holiday accommodation partners and Get access to millions of non-discounted local and international listings on Vitality Travel, through Booking.com
	Car hire	25% off	▶ Enjoy unlimited car hire throughout the year.
VITALITY HEALTHYWEIGHT PROGRAMME	Personalised nutrition coaching	From R250 per month	▶ 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 (PAGE 2/2)

Some benefits require you participating in various health activities to maximise the rewards.

	ACTIVATE THE BENEFIT	FIND OUT YOUR VITALITY AGE	DO A VITALITY HEALTH CHECK	ACHIEVE YOUR VITALITY ACTIVE REWARDS EXERCISE GOALS	INCREASE YOUR REWARDS THROUGH DISCOVERY BANK
 <b>HealthyFood rewards</b>	10%	▶ 15%	▶ 25%	▶	Up to 75%
 <b>HealthyCare rewards</b>	10%	▶ 15%	▶ 25%	▶	Up to 50%
 <b>HealthyBaby rewards</b>	10%	▶ 15%	▶ 25%	▶	Up to 50%
 <b>HealthyDining rewards</b>	10%	▶ 15%	▶ 25%		
 <b>Sports gear and equipment</b> Vitality Active Gear savings	10%	▶ 15%	▶ 25%		
 <b>Fitness devices</b> Vitality Active Gear savings	10%	▶ 15%	▶ 25%	▶ Up to 50%	▶ Up to 75%
 <b>Nike performance gear and apparel</b> Vitality Active Gear savings	10%	▶ 15%	▶ 25%	▶ Up to 50%	▶ Up to 75%

## THE BEST WAY TO GET YOUR NEXT APPLE WATCH OR IPHONE



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.



Achieve your Vitality Active Rewards exercise, drive and money goals every month to get cash back on your **iPhone**.

**iStore** |  Premium Reseller

# 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 workout 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

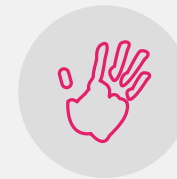
- No cellphone usage
- No speeding
- No harsh breaking
- No excessive acceleration
- No harsh acceleration



### 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





# EVEN MORE VITALITY ACTIVE REWARDS

Vitality Active Rewards is now more personalized and more rewarding than ever before, giving you even more reasons to achieve your exercise, drive and spend goals every week. This means the more you exercise, the better you drive and the more responsibly 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 host of personalised rewards, all found in your bespoke gameboard.

## ACTIVE X – 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.

#### Pharmacy



#### Grocery



#### Fuel



### Earn as you track

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



### Discovery tile

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

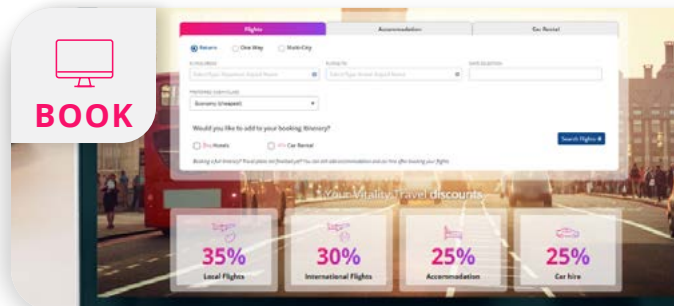
Access Vitality Active Rewards in the Discovery Bank app through the new Discovery Account, a fully digital bank account with zero monthly fees or a Discovery Bank transaction, credit card account or a full banking suite

# 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.



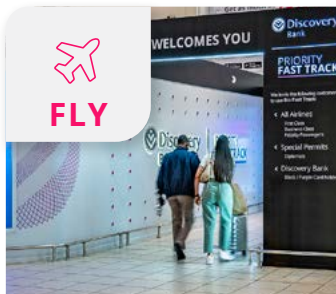
BOOK



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.



FLY



## 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 **35% off** local and international flights. Boost up to **75%** with Discovery Bank.



STAY



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



Access to a wide range of non-discounted local and international listings on Vitality Travel through Booking.Com and have the option of paying with your Discovery Miles.

**Booking.com**

# 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 – 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 parents' Discovery app.
- Watch movies for **free** before 7pm.
- Get **50%** back on kids' healthy meals at HealthyDining partner restaurants.



## TEENS AGED 14 – 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 7pm.
- Save up to **50%** on monthly membership fees at Virgin Active or Planet Fitness.

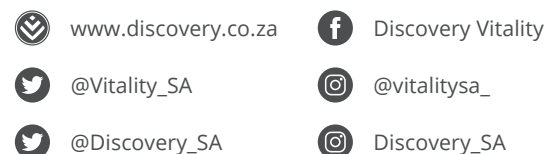


## VITALITY 65+

- Save up to **75%** on selected health monitoring devices at Dis-Chem
- Get **25%** off all Vitality Active Rewards redemptions 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



#### GET THE LATEST INFORMATION ABOUT VITALITY



#### 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>R329</b>	Member + 1   <b>R399</b>	Member + 2 or more   <b>R465</b>
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