

Vitality Active



Vitality Active incentivises and rewards you for leading a healthier lifestyle. Including gym savings, discounted movies, weekly rewards and more, being healthier has never been more rewarding.

GREAT REASONS TO JOIN VITALITY ACTIVE

Get **50% off** your monthly **gym fees** at Virgin Active RED clubs and Planet Fitness JustGyms.

From coffees, smoothies and snacks to Netflix, BoxOffice, shopping rewards and more, you'll get rewarded every time you reach your Vitality Active Rewards goals.

Get up to **25%** cash back on **personal care items** at Clicks or Dis-Chem, converted into store loyalty points.

Save up to **50%** on a Huawei Band 3 Pro at Sportsmans Warehouse.

Enjoy **half-price** movies at Ster-Kinekor.

Get **R15 000** funeral cover for all adult members. Increase the cover to R30 000 by doing a Vitality Health Check.

LIMITED OFFER
Join Vitality Active and only pay R45 per month until the end of 2019.

2020 RATES

Main member rate	R89 per month
Each additional adult	R79 per month

To join **Vitality Active** or find out more about other Vitality products, visit discovery.co.za. You can also contact your financial adviser or your company's HR representative.

Vitality Active Rewards

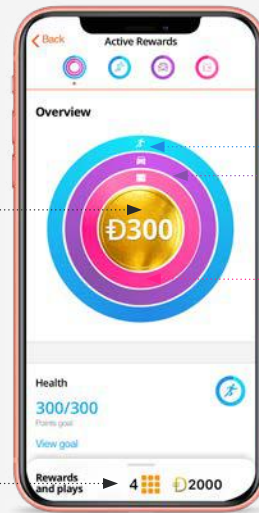
Vitality Active Rewards encourages and rewards you for getting healthy, driving well and spending responsibly. You can earn instant Discovery Miles for reaching your exercise, drive and money goals PLUS a play on the gameboard for even more rewards. Earn up to ₪300 and 4 plays on the gameboard every week! You can also earn Discovery Miles for reaching personalised health and drive goals.

EARN ₪100

Earn ₪100 instantly for each goal you achieve, ₪200 for reaching two goals and ₪300 for reaching 3 goals. PLUS earn a play on the gameboard for every goal you achieve.

EARN a bonus play

Earn a bonus play for achieving all 3 Vitality Active Rewards goals.



EXERCISE

Reach your personalised, weekly exercise goal to close the exercise ring by getting active in various ways.

DRIVE

Reach your weekly driving goal to close your drive ring by driving a consecutive 100km event-free each week.

MONEY

Reach your Money goal by spending responsibly and earning points for purchases over R20 made with Discovery Card. Close your Money ring at your own pace, as points carry over until you reach your goal.

Spend your Discovery Miles on a range of exciting rewards

COFFEE, POPCORN AND DONATIONS	SMOOTHIES AND SNACKS	MEALS AND ENTERTAINMENT	SHOPPING	TRAVEL	ENTERTAINMENT AND SPOILS
₪ 125	₪ 200 - 250	₪ 350		₪ > 350	

Earn Vitality points

to get a Vitality Health status

VITALITY HEALTH

Earn Vitality Health points by getting active 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.

50 000 Vitality points

40 000 Vitality points

25 000 Vitality points

7 500 Vitality points

You start on Blue status



		Bronze	Silver	Gold	Diamond
Member	Start on Blue Vitality status	7 500	25 000	40 000	50 000
Member + 1		15 000	50 000	80 000	100 000
Member + 2		18 750	62 500	100 000	125 000
Additional dependents		3 750	12 500	20 000	25 000

HOW TO EARN VITALITY POINTS TOWARDS YOUR HEALTH STATUS

- Find out your **Vitality Age** 1 500 pts
- Understand your **Mental Wellbeing** up to 1 000 pts
- Complete a **Vitality Fitness Assessment** to see how fit you are up to 7 500 pts
- Get Active** up to 30 000 pts

You can earn extra Vitality points by doing further health checks at a GP or specialist

Do a **Vitality Health Check** at an accredited Vitality Wellness Centre, a Vitality Wellness Network pharmacy, a Discovery Store or a 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 Vitality Health 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.

NUMBER OF HIGH-RISK RESULTS	NUMBER OF IN-RANGE RESULTS				
	0-1	2	3	4	5
0	2 500 pts	5 000 pts	10 000 pts	15 000 pts	22 500 pts
1	2 500 pts	3 500 pts	7 500 pts	12 500 pts	
2+	2 500 pts	2 500 pts	5 000 pts		

If you are on a medical scheme plan administered by Discovery Health (Pty) Ltd, one Vitality Health Check a year is paid from the Screening and Prevention benefit.