

# Vitality Active Rewards

## Personalised health goals

## Health checks



## Benefit guide

### What is Vitality Active Rewards?

Vitality Active Rewards encourages and rewards you for getting healthier. The programme delivers rewards to your smartphone every week after you achieve **personalised health goals** – which include your **exercise goal**. These personalised health goals are clinically informed and will guide you along a specific and progressive health pathway.

### What are Vitality Active Reward health goals?

Vitality Active Rewards now helps you take a proactive approach to manage and track your health through personalised health goals available on the Discovery app. These goals are tailored to your unique personal health profile. They also encourage you to manage your health through exercise and various screening and preventive tests to achieve your health checks goal. When you achieve your personalised health goals by living a healthy lifestyle, you earn Discovery Miles to spend on exciting rewards of your choice available on the Discovery app.

### What is your health checks goal?

Vitality Active Rewards health goals reward you for completing your relevant and personalised health checks. You will find your health checks goal on the Discovery app under Vitality Active Rewards **OR** at Medical aid >> Track your health >> Vitality Active Rewards.

This goal helps you manage your health through completing a clinical checklist of screening and preventive tests based on your age, gender, your unique health profile and your Vitality Health Check outcomes – as well as other diagnostic information. Complete each health check as indicated on the Discovery app to earn Discovery Miles. You can find the number of Discovery Miles you will earn for completing each health check

on the Discovery app. You will receive your Discovery Miles on Wednesday after achieving your personalised health goals.

## Who can access the health checks goal?

The health checks goal is available to all Vitality members as well as Discovery Health Medical Scheme (DHMS) members already registered on the Chronic Illness Benefit for diabetes, hypertension, hyperlipidaemia or ischemic heart disease. It is also available to DHMS members with an elevated risk of diabetes, heart disease or certain other chronic conditions. DHMS members can complete a Health Check to find out if they are a part of any of these categories. You need a compatible iOS or Android device to access your health checks on the Discovery app, and you need to activate Vitality Active Rewards. Download or update your Discovery app to the latest version.

## How to activate your health checks goal

**Step 1:** Download the latest version of the Discovery app on your Apple or Android mobile device.

**Step 2:** Activate [Vitality Active Rewards](#) through the Discovery app under Vitality Active Rewards **OR** at **Medical aid >> Track your health >> Vitality Active Rewards >> Health goals**

**Step 3:** Open up the health checks goal to view the list of test and assessments that you need to complete.

**Step 4:** Complete each health check as indicated on the Discovery app.

**Step 5:** Complete your health checks as indicated on the Discovery app and make sure we get your claim to earn Discovery Miles.

If you are a member of a medical schemes administered by Discovery Health, in some instances, your healthcare professional will submit the claim on your behalf and your Discovery Miles will be awarded automatically. It is your duty to make sure all claims are submitted within four months of completing your health check in the event that your healthcare professional does not do so on your behalf. You can also submit a claim for the cost of your preventive and screening test to your medical scheme administered by Discovery Health as indicated on the app to earn your Discovery Miles.

If you are not a member of a medical scheme administered by Discovery Health, you can submit your points claim to Vitality as indicated on the Discovery app.

## What you pay

You can access your personalised health checks goals on Vitality Active Rewards on the Discovery app at no cost, excluding any data costs which apply when you download or update to the latest version of the app.

Some of the health checks included in your goal can be done by a healthcare professional at no cost to members on a medical aid scheme administered by Discovery Health. However, there are some tests and assessments that you may need to pay for yourself. Members on a medical aid scheme administered by

Discovery Health can refer to their health plan guides for more information on their cover for health checks – normal scheme rules apply.

If you are not a member of a medical aid scheme administered by Discovery Health, you will have to pay the healthcare professional directly to do your tests and assessments. You can then submit proof of your tests as indicated on the Discovery app to earn your Vitality Discovery Miles.

### Your privacy is important to us






To participate in your Vitality Active Rewards health goals, you will be asked to agree to certain privacy settings. Your Discovery app privacy settings can be updated at any time. By using this programme, you agree that Discovery Vitality, Vitality's health partners and Vitality's rewards partners may share your personal and payment information to administer the benefit effectively.

### Find out more

To find out more about this benefit, visit the [Help page](#).

### Stay in touch

Limits, terms and conditions apply. If you have any questions or need more information about this benefit, please visit [www.discovery.co.za](http://www.discovery.co.za). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will apply at all times.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery\_SA) and  (DiscoverySA).