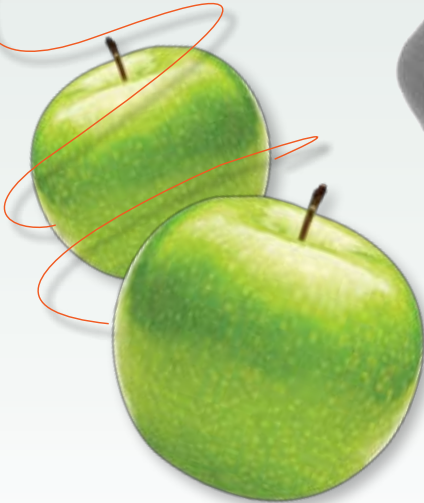
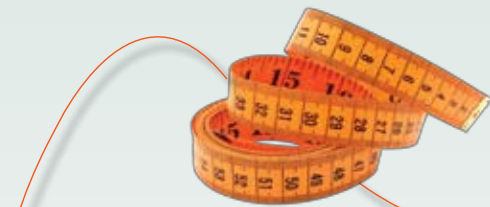




Vitality partners and the points you can earn



The wellness programme that rewards you for getting healthier

Vitality helps you to get healthier by giving you the knowledge, tools and motivation to improve your health. It's been clinically proven that Vitality members have lower healthcare costs than non-Vitality members – the more you engage with Vitality, the lower your healthcare costs. The more you use Vitality's partners and do Vitality health assessments, the healthier and more aware you'll become.

Vitality members start at Blue Vitality status, progress to Bronze, Silver, Gold and, ultimately, Diamond status.



Earning Vitality points for learning about your health status

Complete online health assessments on www.discovery.co.za

Assessment	Vitality points
Personal Health Review	2 000
Online Fitness Assessment (available 1 February 2012)	1 000
Mental Wellbeing Assessment	2 500

Do a Vitality Check to find out how healthy you are

Assessment	Where	Vitality points	* Boosted to
Blood glucose	Pharmacy in the Vitality Wellness Network or company's Discovery Wellness Day	500	3 000
Blood pressure		500	3 000
Cholesterol		500	3 000
Weight assessment		1 000	5 000

* Bonus points are awarded if your results are in the healthy range.

Do further health checks

Assessment	Where	Vitality points	Age to earn points
Pap smear	Doctor	2 500	Females aged 16 years and older
Mammogram	Radiologist	2 500	Females aged 40 years and older
Prostate screening	Doctor	2 500	Males aged 50 years and older
Glaucoma screening	Optometrist or eye specialist	2 500	Adults aged 40 years and older
HIV test	Certain pharmacies or your doctor	5 000	Adults aged 18 years and older

Do a Vitality Fitness and Nutrition Assessment

Assessment	Where	Vitality points	* Boosted to
Vitality Fitness Assessment*	Biokineticist in the Vitality Wellness Network	3 000	15 000
Vitality Nutrition Assessment	Dietitian in the Vitality Wellness Network	5 000	

* Bonus points are awarded depending on your fitness levels. The Fitness Assessment can be done twice a year, five months apart. You can earn a maximum of 15 000 fitness points and 24 000 bonus fitness points a year.

Vaccinations

Vaccination	Age to earn points	Vitality points
Childhood vaccinations	0 – 2 years*	5 000
Childhood vaccinations	4 – 6 years**	1 000
Cervical cancer vaccination (HPV)	Females aged 9 - 25 years	1 000
Flu vaccination	All ages	1 000
Pneumococcal vaccination	65+	1 000

* You have to send us the vaccination chart after your child has received all the vaccinations and before your child is two years old to earn Vitality points.

** All children on Vitality who are between 4 and 6 years old will earn Vitality points for having the five repeat vaccinations.

Know your health

Know your children's health

Assessment	Where to go	Vitality points
Kids Personal Health Review*	www.discovery.co.za	2 000
Vitality Child Health Assessment*	GP or specialist in Discovery Health's GP Network	2 500
Dental check-up*	Any dentist	2 000




* For children older than 2 and younger than 18.

Discovery Baby




Classes	Vitality points
Ante natal classes	2 500
CPR classes	2 500

Improve your health

Vitality HealthyLiving™ partners





Partner	Savings	Vitality points/benefits
	Up to 25% off on HealthyCare™ products at Clicks stores (available 21 January).	Go for a Vitality Check at a pharmacy in the Wellness Network and earn 2 500 points. You can then qualify for up to 25% cash back on HealthyCare™ products at Clicks stores.
	Up to 25% on thousands of HealthyFood™ products at Pick n Pay stores.	Up to 15 points for each HealthyFood™ item you buy, based on the number of HealthyFood™ items compared to less desirable choices. Up to a maximum of 750 points a month.
	Activate the HealthyGear™ benefit and get up to 10% cash back on adidas gear and sports equipment at adidas concept and factory stores and Totalsports stores (if you have a DiscoveryCard) (available 21 January).	Complete a Fitness Assessment either online or at a biokineticist in the Wellness Network and earn 3 000 points, and get additional bonus points of up to 12 000, depending on your fitness level. You can then qualify for up to 25% cash back on HealthyGear™.

Vitality's fitness partners

Partner	Savings	Vitality points/benefits
	Once-off activation fee of R745 per member. The main member and spouse then each save up to 80% on the monthly fee at Virgin Active Health Clubs excluding Classic. Dependants 18 years and older save 50% on the monthly fee.	150 Vitality points per workout per day.
	Once-off activation fee of R745 per member. The main member and spouse then each save up to 80% on the monthly fee at Planet Fitness excluding Planet Platinum. Dependants 18 years and older save 50% on the monthly fee.	
	Have your registration fee waived and pay between R229 and R299 a month (fees vary in different regions). With CurvesSmart, you'll pay a once off R200 admin fee and the relevant monthly fee.	



Improve your health

Vitality's fitness partners

Partner	Savings	Vitality points/benefits
	Members 18 years and older save 80% on the yearly rate at Run/Walk For Life.	150 Vitality points per workout per day.
	Get up to 20% cash back if you buy a Polar Heart Rate Monitor with your DiscoveryCard at Cape Union Mart, Totalsports or use your Discovery Miles and/or cash to buy the Polar Heart Rate Monitor on VitalityMall.	You get 150 or 200 Vitality points for every exercise session, depending on your average heart rate.
	Register your profile at no cost by going to www.handicaps.co.za . You can also sms the word "HNA" followed by your 'ID number', then your 'Player ID' to 31347 to start earning Vitality points for golf.	As an affiliated golfer, log your score with Handicaps Network Africa after each game and earn 150 points for every 9-hole or 18-hole round of golf you play.
	Enter outdoor sporting events and claim your points. Visit www.sa-active.com for more information.	Earn up to 5 000 Vitality points for each timed outdoor sporting event you participate in, depending on the sport and distance of the event. You'll earn 5 000 bonus points for completing your fifth event in a year.

Members 18 years and older can earn a maximum of 15 000 fitness points a year and a maximum of 24 000 bonus fitness points a year.


Vitality's health partners






Partner	Savings	Vitality points/benefits
	Save 80% when you join either Allen Carr's Easyway or Smokenders.	Earn 5 000 Vitality points for being a non-smoker.
	Save 30% at Weigh-Less or Weight Watchers SA.	You'll earn 1 000 points for a weight assessment and 4 000 bonus points for reaching your goal weight.

Vitality's rewards partners


Vitality gives you great travel, lifestyle, entertainment and online rewards. The higher your status, the greater the rewards!

Travel partners



	Blue	Bronze	Silver	Gold	Diamond
Flights  Enjoy savings from 15% to 35% on up to 12 domestic return flights and two international bookings a person a year. Book on www.kulula.com Partners include: <ul style="list-style-type: none"> • kulula.com • British Airways local and international flights • Emirates 	15%	20%	25%	30%	35%
Bookings limited to economy and premium economy classes. Savings do not apply to airport taxes and fuel levies. International flights must be booked at least six weeks in advance. The Vitality discount applies to specific class rates and does not include sale fares offered by our partners.					

	Blue	Bronze	Silver	Gold	Diamond
Car rental  Get savings with Europcar on the lowest available rates for car rental on www.kulula.com	8%	10%	15%	20%	25%
Accommodation  Great savings on family holidays throughout South Africa with Southern Sun Hotels on www.discovery.co.za	30%	35%	40%	45%	50%
Members who have Discovery Insure and VitalityDrive™ can increase their savings at Discovery Vitality's local travel partners, British Airways, kulula.com, Southern Sun and Europcar by up to an extra 15% .  					
Bus travel  Save on the lowest advertised prices for bus trips. Book directly with Greyhound.	20%				

Lifestyle partners

Partner	Benefit	
	Reduced rates	Watch the latest movies for R13 at Junction theatres and R22 at Classic and Cinema Nouveau theatres. Enjoy reduced rates for 3D movies too. Children older than 2 and younger than 18, whose parents have completed an online Kids Personal Health Review, watch movies for free before 7pm!
	Baby bag	New and expectant parents get a baby bag full of important information, valuable goodies and discount vouchers that are valid for three years.
	R22/GB	Get ADSL internet access from R22 a GB (excluding ADSL line rental). Uncapped options also available.
	5% saving	Save 5% on prepaid airtime from Cell C, MTN, Vodacom and Telkom.

Shopping partners

Partner	Benefit
	Get a Vitality Clicks ClubCard and activate the benefit on www.discovery.co.za Get between 5% and 15% Clicks Cash-back Rewards paid back in vouchers up to five times a year on everything you buy at Clicks, depending on your Vitality status.
VitalityMall	VitalityMall on www.discovery.co.za offers a wide range of products and up to 60% off magazines from leading brands. Members on Silver, Gold and Diamond status get 10% of the value of purchases back in VitalityMall credit. DiscoveryCard holders can use Discovery Miles to pay for items on VitalityMall.
	Be rewarded with a Visa DiscoveryCard. Get cash back, save on holidays and more. Shop at the DiscoveryCard partner stores and get cash back based on your Vitality status. If you have VitalityDrive™ you can get additional cash back at these stores.



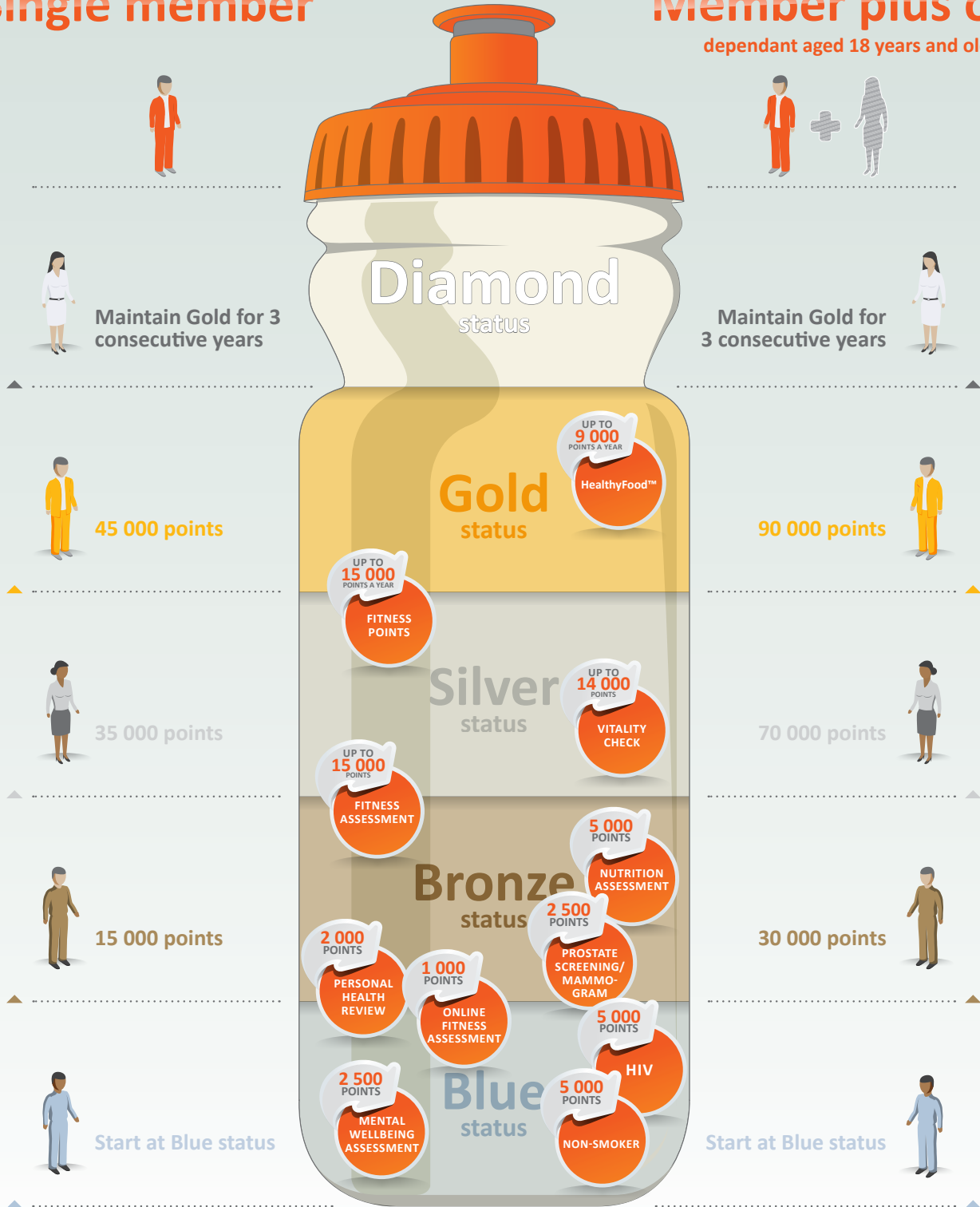
The wellness program that rewards you for getting healthier

Vitality members start at Blue Vitality status, progress to Bronze, Silver, Gold and, ultimately, Diamond status. The table below shows how many Vitality points you need to reach each status.

Single member

Member plus one

dependant aged 18 years and older



For each additional member aged 18 years and older, add: 10 000 (Bronze), 20 000 (Silver), 30 000 (Gold).