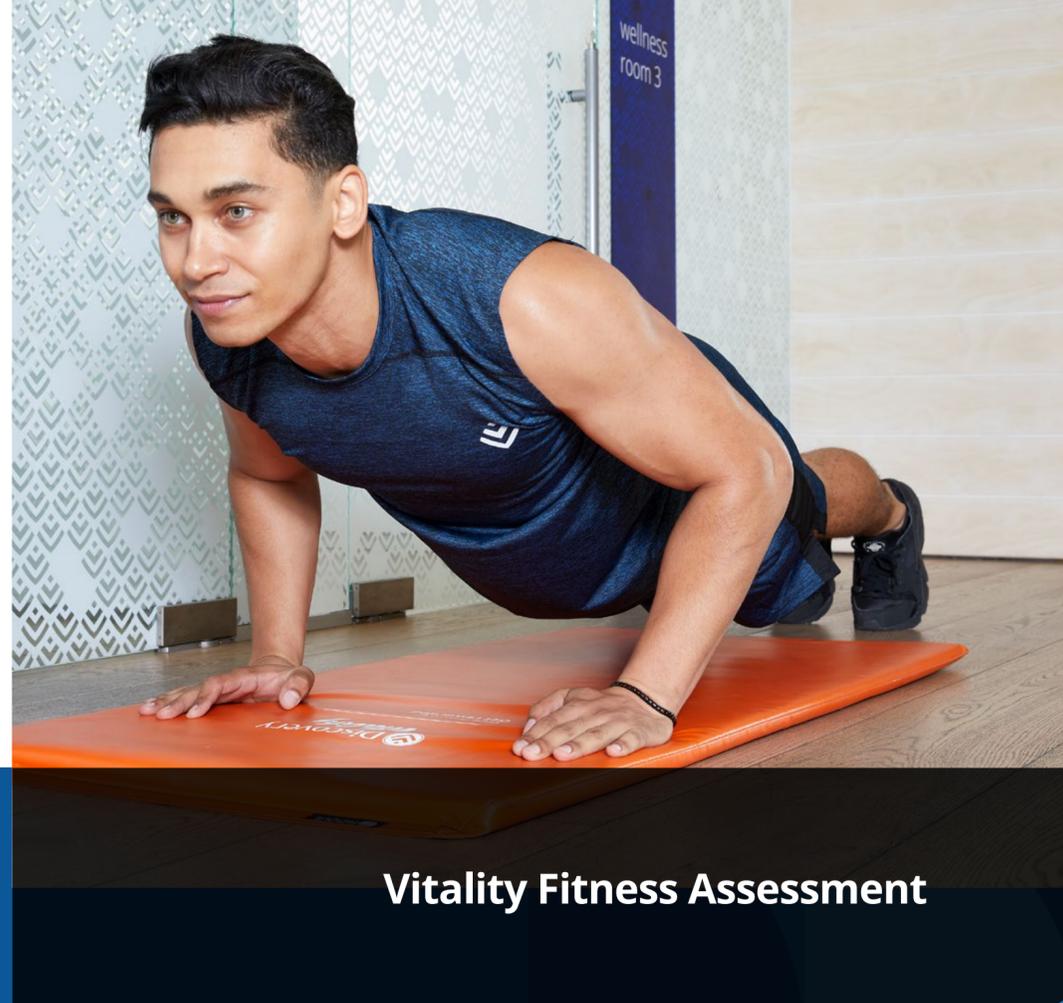


Vitality Health Check



Vitality Fitness Assessment



Kids Vitality Health Check

Discovery Store

WELLNESS

Assessment Guide 2025

Please note that the information and rates as described in this guide are applicable only for appointments with the Discovery Stores, appointments made through other accredited channels may be subject to different rates.





Vitality Health Check

The Vitality Health Check is a simple and convenient set of the most essential health screening and preventive tests. The Vitality Health Check is made up of five measures, including blood pressure, blood glucose, cholesterol, a weight assessment (which includes weight, height and waist circumference) and signing a non-smoker declaration. You can earn up to 22 500 Vitality points depending on how many results are in range. An optional HIV test is included in your Vitality Health Check booking. All adults will earn 7 500 Vitality points for having their first HIV test and 1 000 Vitality points for subsequent tests.



WHAT YOU PAY

Members of participating medical schemes administered by Discovery Health (Pty) Ltd are covered for one Vitality Health Check a year from the Screening and Prevention Benefit - it won't impact your day-to-day benefits. If you are in a general waiting period, your medical scheme does not cover this. Please check your plan for benefit details.

If you are a member of a participating medical scheme administered by Discovery Health with no cover for this assessment on your scheme or plan type, you will be required to pay for the assessment upfront.

- Vitality Health Check only – R338.50
- HIV counseling and testing only – R230.70
- Vitality Health Check and HIV counseling and testing – R569.20

We accept the following methods of payment:

- Debit or credit card
- Apple Pay
- Discovery Miles.

If you are a Discovery Life policyholder, you will not be required to pay for the Vitality Health Check.



IMPORTANT TO REMEMBER

- We recommend that you do not eat or drink for at least two hours before your Vitality Health Check.
- The assessment includes a finger prick to extract a blood sample for assessment.
- You will need to verify your identity, so bring along proof of identity and your medical scheme membership card or proof of your Vitality membership.
- If your results are out of range, you can take action through lifestyle changes or medication, and complete the assessment again later in the year. Points will be awarded based on the best result in the year for each metric. You will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.



EARN VITALITY POINTS

You can earn up to 22,500 Vitality points for completing a Vitality Health Check. Your points earning ability is based on your health outcomes. You'll earn 5,000 base points for doing the assessment and up to 17,500 additional Vitality points based on your results. If all your results are in range, you'll earn the maximum of 22,500 points. If 1 or more result is out of range, you'll earn 5,000 points.

This incentivises you to take action to address these modifiable health risks by seeking treatment, changing your lifestyle, or engaging with programmes such as **Vitality HealthyWeight**, and any of our **smoking cessation partners**.



ASSESSMENT GOAL RANGE

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.

VITALITY POINTS FOR A VITALITY HEALTH CHECK

In-range results	0 high-risk results	1 or more high-risk results
5	22,500	
4	15,000	5,000
3	10,000	5,000
2	7,500	5,000
1	5,000	5,000

VITALITY HEALTH CHECK RANGES

METRIC	BLOOD GLUCOSE	BLOOD PRESSURE	CHOLESTEROL*	WEIGHT ASSESSMENT**	SMOKER STATUS
In-range	7.8 mmol/L	<130/80 mmHG	< 5 mmol/L	18.5 < BMI < 25	non-smoker for at least the past 12 months
Intermediate risk	7.8 mmol/L ≤ blood glucose < 11mmol/L	130/80 mmHg ≤ blood pressure < 160/100 mmHg	5 mmol/ L ≤ total cholesterol < 7.5 mmol/L	BMI < 18.5 or 25 ≤ BMI < 30	N/A
High risk	≥ 11 mmol/L	≥ 160/100 mmHg	≥ 7.5 mmol/L	BMI ≥ 30	Smoker





Vitality Fitness Assessment

The Vitality Fitness Assessment is a submaximal test made up of two parts:

- Cardiovascular fitness
- Strength and flexibility.

It has been designed to give you an accurate and personalised understanding of your fitness. After the Vitality Fitness Assessment, your wellness specialist will explain your overall results and provide you with key tips and focus points that will aid in improving your fitness.



WHAT YOU PAY

The Vitality Fitness Assessment costs R556.00. As a Discovery Life policyholder or a member of a participating medical scheme administered by Discovery Health, you will need to pay for the assessment upfront.

If you are on a medical scheme and plan that provides cover for this assessment, you can claim this amount from your day-to-day benefits if you have funds available.

We accept the following methods of payment:

- Debit or credit card
- Apple Pay
- Discovery Miles.



EARN VITALITY POINTS

You can earn 1 000 Vitality points for doing the assessment and up to 10 000 points based on your fitness level. Points will show on your Vitality Points Tracker within seven days. The points you earn from your Vitality Fitness Assessment contribute towards your yearly cap of 30 000 fitness points.

If your results are out of range you can complete the assessment again later in the year. Points will be awarded based on the best result in the year. You will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.



IMPORTANT TO REMEMBER

- We recommend you wear comfortable clothing and shoes for physical activity.
- Change rooms are available and we recommend you arrive at least 10 minutes before your booking time if you need to change.
- Physically active members with a heart or metabolic condition, or pregnant members, can do the submaximal fitness test on condition that they have written consent from their doctor.
- The Discovery Store offers the Vitality Fitness Assessment with use of a Wattbike. If you are unable to cycle or prefer to use a treadmill, please contact a biokineticist on the Vitality Wellness Network to confirm availability and complete your assessment.
- Do not exercise before your assessment and only do light intensity exercise the day before.
- Please avoid heavy meals for at least two hours before your assessment.
- You will need to verify your identity, so bring along proof of identity and your medical scheme membership card or proof of your Vitality membership.





Kids Vitality Health Check

The Kids Vitality Health Check is available for kids between 2 years and 18 years old.

During the Kids Vitality Health Check, the nurse will discuss any areas of concern to focus on. You'll also get a personalised feedback report after completing the assessment.

The Kids Vitality Health Check includes a Body Mass Index (BMI) measurement, blood pressure measurement, as well as a health behaviour and developmental questionnaire.



WHAT YOU PAY

Members of participating medical schemes administered by Discovery Health (Pty) Ltd are covered for one Kids Vitality Health Check a year from the Screening and Prevention Benefit. This would not impact your day-to-day benefits. If you are in a general waiting period, your medical scheme will not cover this. Please confirm your available cover for this assessment with your medical scheme.

The Kids Vitality Health Check costs R101.20. If you are a Discovery Life member or a member of a participating medical scheme administered by Discovery Health with no cover for this assessment on your scheme or plan type, you will be required to pay for the assessment upfront.

If you are on another medical scheme that provides cover for this assessment, you can claim this amount to be reimbursed as per your scheme rules.

We accept the following methods of payment:

- Debit or credit card
- Apple Pay
- Discovery Miles.



IMPORTANT TO REMEMBER

- Please bring along your medical scheme membership card or proof of your Vitality membership and your child's proof of identity as registered with Discovery.
- We will do everything we can to make the assessment comfortable and fun for children.

The availability of the Kids Vitality Health Check will be dependent on the level of restriction enforced at the time of booking.



Discovery Stores

Sandton | Menlyn | Sea Point | Century City | Umhlanga

Bookings

Call: 011 529 7247



Discovery Ltd is the licensed controlling company of the designated Discovery Insurance Group. Registration number: 1999/007789/06. Companies in the Group are licensed insurers and authorised financial services providers. Please note that the information and rates as described in this guide are applicable only for appointments with the Discovery Stores, appointments made through other accredited channels may be subject to different rates.