

PERSONAL HEALTH INSIGHTS FAQ

DISCOVERY HEALTH
2026





What is Personal Health Insights?

Personal Health Insights is a personalised view of your health and wellbeing available through Personal Health Pathways in the Discovery Health app. It brings together your available health, wellbeing, exercise and sleep information to help you better understand your overall health and can reveal patterns shaping your health and also identify opportunities to improve your wellbeing. The Personal Health Insights uses available health and lifestyle information powered by Vitality AI to provide unique insights, explain health trends, and recommend actions that are relevant for you.

Your Personal Health Insights include:

- A summary of your overall health and wellbeing.
- Health trends and key insights.
- Exercise and activity patterns.
- Sleep insights.
- Personalised recommendations and Next Best Actions.

Personal Health Insights is designed to support your understanding of your health and wellbeing. It does not diagnose medical conditions, replace professional medical advice, or substitute a healthcare professional's clinical assessment.

Personal Health Insights will be available to eligible Discovery Health Medical Scheme members from December 2026.

Who is eligible to receive Personal Health Insights?

Personal Health Insights is available to Discovery Health Medical Scheme members who:

- Are 18 years or older.
- Are eligible for Personal Health Pathways and activated.
- Have completed a qualifying Health Check within the last 12 months.

Why can't I see my Personal Health Insights report in the Discovery Health app?

If you cannot see your Personal Health Insights, it may be because:

- You have not activated Personal Health Pathways.
- You have not completed a qualifying Health Check within the last 12 months.

Please note: If you have already activated Personal Health Pathways and completed a qualifying Health Check but cannot yet see your Personal Health Insights in the Discovery Health app, there is no need to worry. Personal Health Insights will become available from **December 2026** as we roll out the feature to all members who meet the qualifying criteria. If you have not yet completed your Health Check, do yours as soon as possible and get ready to receive your Personal Health Insights when it's available.