



# VITALITY ACTIVE 2021

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GET HEALTHY. GET REWARDED.

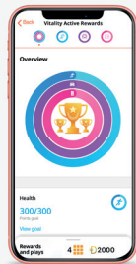
# Vitality Active

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 up to **50% off** your monthly gym fees at Virgin Active or Planet Fitness.



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 4 Pro at Sportsmans Warehouse.



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



## 2021 RATES

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

To join Vitality or to find out more visit [discovery.co.za](http://discovery.co.za) or call 0860 99 88 77. You can also contact your financial adviser or your company's HR representative.

# Validity Active Rewards

Validity Active Rewards encourages and rewards you for getting healthy, driving well and spending responsibly. You can earn Discovery Miles for reaching your exercise, drive and money goals through plays on the gameboard.

Earn up to 4 plays on the gameboard every week, and up to R750 for each play! You can also earn Discovery Miles for reaching personalised health and drive goals.

₪ 10 = R1

## EARN DISCOVERY MILES

### EXERCISE

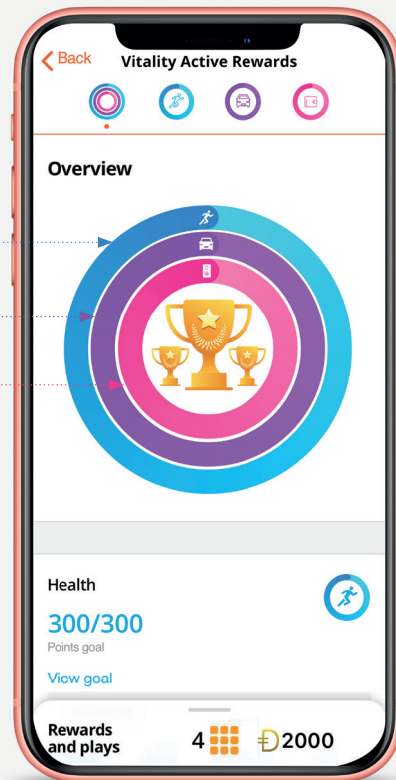
Achieve your personalised, weekly exercise goal to close the exercise ring by getting active in various ways.

### DRIVE

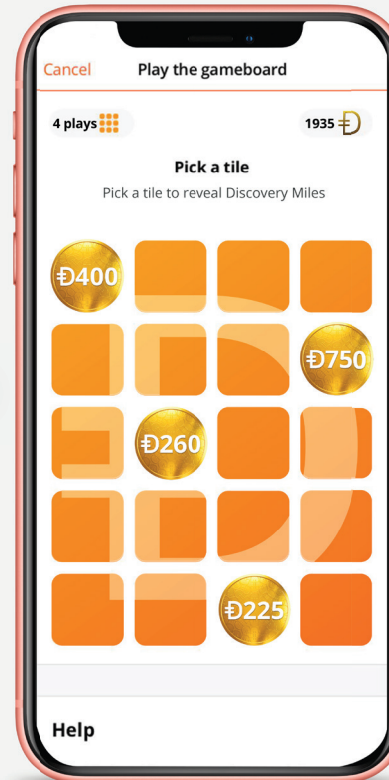
Achieve your personalised, weekly drive goal to close your drive ring.

### MONEY

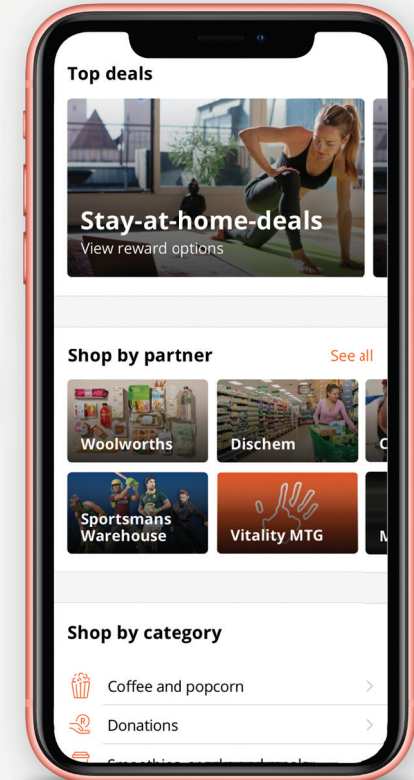
Achieve your money goal by earning points for purchases over R20 made with your Discovery Bank card. Spend responsibly and maintain your Discovery Bank savings balance. You can close your money ring at your own pace, as points carry over until you reach your goal.



## PLAY THE GAMEBOARD AND EARN DISCOVERY MILES



## SPEND DISCOVERY MILES IN THE VALIDITY MALL



# Get rewarded for being more active

Get discounts on your gym membership and your next fitness device.



Get up to **50% off** your monthly gym fees at Virgin Active or Planet Fitness.



At Virgin Active RED or Planet Fitness JustGym health club

At any local Virgin Active or Planet Fitness health club

50%

25%



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



Do a Vitality Health Check

Device benefit

50% off a Huawei Band 3 pro

25%

+

25%

=

50%

# Get rewarded for taking care of yourself

Enjoy great savings on your personal care items and your entertainment



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



Activate the Benefit

Find out your  
Vitality Age

Do a Vitality  
Health Check

10%

15%

25%



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



2D and 3D Movies

Cine Prestige, NT Live  
or IMAX

50% off

25% off

# 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.

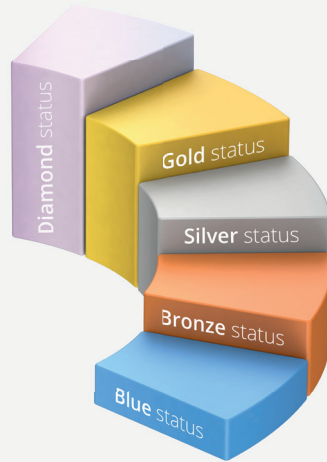
50 000 Vitality points

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 dependants		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** ..... 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.



Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Please note all information displayed in this brochure is only a summary of the Vitality benefits. Specific limits, terms and conditions apply to each benefit. All information displayed in this brochure was correct at the time of publishing. Certain benefits will go live during the course of 2021. Members will be alerted when each benefit goes live. Visit [www.discovery.co.za](http://www.discovery.co.za) to stay updated. Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes. Discovery Insure Ltd is an authorised financial services provider. Registration number 2009/011882/06. Product rules, terms and conditions apply. Discovery Life Limited. Registration number 1966/003901/06, is a registered long-term insurer, and an authorised financial services and registered credit provider, NCR Reg No. NCRCP3555. Product rules, terms and conditions apply. Discovery Bank Limited. Registration number 2015/408745/06. An authorised financial services and registered credit provider. FSP number 48657. NCR registration number NCRCP9997. Limits, terms and conditions apply.