



Get rewarded with **PERSONAL HEALTH PATHWAYS**

Personal Health Pathways: 'Sweat to Shop' Competition Win one Nike voucher valued R10,000

TERMS AND CONDITIONS

These Terms and Conditions apply to Discovery Health's **Personal Health Pathways (PHP)** 'Sweat to Shop' Competition, where you could **win one Nike voucher valued R10,000**.

This competition is open to qualifying persons who are active on Discovery Health Medical Scheme, who have activated their PHP Programme, and who complete both an exercise and health action between the date range of 20th of October to 30th November. If you have already activated Personal Health Pathways you still qualify to win this Competition if you complete a health and exercise ring action between the date range of 20th of October to 30th November 2025.

The competition will run from **20th of October to 30th November 2025**.

By taking part in this competition, you agree to and accept these terms and conditions and the [Social Media Competitions and Content terms and conditions](#).

About this **document**

- 1| The 'promoter' of the competition is Discovery Health (Pty) Ltd (the appointed Administrator of the Discovery Health Medical Scheme) who is also referred to below as 'us', 'we', and 'our'.
- 2| The 'participant' is the qualifying individual who has chosen to participate in the competition.
- 3| All information relating to this competition and any information we publish on any promotional material forms part of these terms and conditions.

Qualifying for this **competition**

- a. The competition is open to all members on the Discovery Health Medical Scheme that reside in South Africa and are over the age of 18 years old.
- b. This competition is not open to directors, partners, agents, or consultants of the promoter or any other similarly associated individual to Discovery Group or Discovery Vitality or Discovery Bank, its partners or any related third parties.

How the **competition** works

- 1| To participate in the competition, qualifying persons need to activate their PHP Programme on the Discovery Health App and complete both an exercise and health action between the date range of 20th of October to 30th November 2025.
- 2| If you have already activated your PHP Programme, you can still qualify to win if you complete a health and exercise ring action between the date range of 20th of October to 30th November 2025.
- 3| Only one entry per person will be entered into the draw for the prize.
- 4| All entries must be completed on or between the above dates to qualify.
- 5| Any entries made before or after these dates will not be considered as an entry into the competition.
- 6| One winner will be randomly selected, based on their (qualifying) engagement dependant on the participant activating PHP and completing both a health and exercise action on the aforementioned platform/s during the competition period.

Prize

- 1| The prize is one Nike voucher to the value of R10,000.
- 2| The winner will be contacted via their email address.
- 3| Should the winner not respond within 1 (week), an alternative winner will be chosen.
- 4| The winner may be required to verify their identity, and their corresponding social media page/s.
- 5| By accepting the prize, the winner (of the Nike voucher) voluntarily assumes all risks and dangers related to it.
- 6| The prize is non-transferrable.

Additional terms and conditions

- 1| Any violation or attempt to violate any of the rules will result in immediate disqualification of the transgressor.
- 2| The promoter reserves the right to revise, alter or terminate the competition with immediate effect. In such event, all entrants hereby waive any rights which they may have against Discovery Health and acknowledge that they will have no recourse or claim of any nature against Discovery Health or any entity of the Discovery Group of Companies.
- 3| If required as a result of legislation or other legal reasons, the promoter reserves the right to terminate this competition immediately. In the event of such termination, all participants agree to waive any rights that they may have in terms of this offer and acknowledge that they will have no recourse against the promoter or its agents.
- 4| Any personal information relating to the participants will be used in accordance with the Protection of Personal Information Act 04 of 2013 (“POPIA”) or comparable legislation. Refer to our [Privacy Statement](#) for further information regarding the processing of participants’ personal information for the purpose of this competition.
- 5| Data pulled for the purposes of the campaign and competition will be based on the completion of the Discovery Health social media competition as stated in the steps above.
- 6| The promoter does not take any responsibility and shall not be held liable for any loss, injury or damage of any nature caused as a result of the participants’ use of the abovementioned prize.
- 7| By entering this competition, you agree to the terms and conditions set out this document.