

# SUMMARY OF VITALITY HEALTH POINTS

## Vitality points for each benefit and status

This document sets out the points you can earn when you engage in the Vitality Health Programme. For more information about how Vitality works, visit [www.discovery.co.za](http://www.discovery.co.za).

The information that follows shows the points that all members aged 18 and older, unless otherwise specified, may earn in one calendar year.



### 01 | ONLINE ASSESSMENTS

Find out your Vitality Age ..... **1,500 Vitality points once a year**

Complete Mental Wellbeing Assessments ..... **1,000 Vitality points a year**  
500 points twice a year



### 02 | DO YOUR VITALITY HEALTH CHECK

The Vitality Health Check is made up of five measures: blood pressure, blood glucose, cholesterol, a weight assessment (which includes weight, height and waist circumference) and signing a non-smoker's declaration. The Vitality Health Check for 65+ consists of the regular Vitality Health Check with additional age-related screenings. We've also adjusted the biometric ranges to be a more appropriate measure of your risk.

The amount of points you can earn for completing a Vitality Health Check is based on how healthy you are. You can view a more detailed explanation of how points are awarded for each measure as well as Vitality Health Check ranges [here](#). If your results are out of range and you complete the assessment again, 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.

The Virtual Vitality Health Check-in is a telephonic or online consultation with a wellness specialist designed to help manage existing health risks, potentially identify new health risks and recommend ways to improve your health and wellness. The Virtual Vitality Health Check-in does not replace your in-person Vitality Health Check. You will earn 2,500 Vitality points for your Virtual Vitality Health Check-in, but if you choose to you can still visit a pharmacy or your GP to do an in-person Vitality Health Check. The points will contribute to the maximum 22,500 points you can earn for completing an in-person Vitality Health Check.

## 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



### 03 | DO ADDITIONAL SCREENING BASED ON YOUR AGE AND GENDER

Additional screening:	Maximum points:
<b>Colon Cancer Screening</b> for men and women 45 years and older*	<b>2,500</b> once a year
<b>Bone mass density test**</b> for women aged 65 and older and men aged 70 and older	<b>2,500</b> points
<b>Dental check-up</b>	<b>1,000</b> once a year
<b>Glaucoma screening</b> for members 60 years and older	<b>2,500</b> once a year
<b>Mammograms***</b> for women 40 years and older	<b>2,500</b> once a year
<b>Pap smears***</b> for women between the ages of 25 and 65 years old	<b>2,500</b> once a year
<b>Vision test</b> for members 60 years and older	<b>1,000</b> once a year
<b>HIV counselling and testing</b> for members 18 years and older	<b>7,500</b> once in a life time
	For your first HIV test as a Vitality member
	<b>1,000</b> once a year
	If you have previously earned Vitality points for HIV screening.
<b>Hearing test***</b>	<b>1,000</b> once a year
<b>Optometrist****</b>	Up to <b>3,500</b> once a year
<b>Premier PLUS GP consult****</b>	Up to <b>2,500</b> once a year

Vitality 65+ members who complete the additional assessment in their 'VHC for 65+' (falls risk) are awarded 500 Vitality points that can accumulate to the maximum threshold of 22,500 points. Upon completion of the Vitality Health Check for 65+, members will get access to a detailed clinical report that highlights their key risk areas and offers personalised recommendations of available Vitality benefits to improve their health.

\* All Vitality members who are 45 years and older will earn Vitality points for having a colonoscopy or a faecal immunochemical test or a faecal occult blood test. Members who are within the 10 year period of having had a colonoscopy will not receive points for doing a faecal immunochemical test or faecal occult blood test. Please consult your doctor before choosing how you screen for colon cancer. Visit a healthcare provider for a colonoscopy once every ten years. You will earn the points in the year of the colonoscopy screening, and in the following nine years. However, members will only earn one set of 2,500 points and not every year for the 10 years if they do a faecal immunochemical test or faecal occult blood test.

\*\* Bone mass density tests may be done by DEXA (Dual-energy X-ray absorptiometry) once every 2 years, and members will earn the points for both years that the test is valid. Please consult your doctor before choosing how you screen for osteoporosis.

\*\*\* Visit a healthcare provider for a Pap smear once every three years and for a Mammogram once every two years. You will earn the points in the year of the screening, and in the next year/s. Members 25 to 65 will earn 2,500 Vitality points for having an HPV cervical cancer test done every five years; points will therefore carry over for four years. This is an alternative to a Pap Smear. Points will only be awarded for either a Pap Smear (current rules of points awarded for 3 years carry over for Pap Smear apply) or for an HPV cervical cancer test but not for both.

\*\*\*\* Valid for Vitality 65+ members only.



Maximum points per member 18 years and older for each event:

- Overall maximum Vitality fitness points ..... **30,000** per year
- Vitality **Fitness** Assessment\* ..... **Up to 10,000** Vitality points once a year
- Vitality Functional Assessment available to **Vitality 65+ members** ..... **2,500** Vitality points

**FITNESS POINTS AND CAPS FOR INDIVIDUALS 18 - 64 YEARS**

	Points	Need to know
Vitality Online Workout	50	Activity adds up to a maximum of 1,000 points earned throughout year for light workouts
Vitality Anywhere - 30+ min workout	100	Be sure to check in and check out for every workout
Gym workouts	100	Adds up to your annual 30,000 points limit
5,000 - 9,999 steps	50	Steps are capped at 1,200 points per month and up to a max of 1,000 points earned for light workouts throughout the year
10,000 + steps	100	Steps are capped at 1,200 points per month
30+ minutes speed workout	100	Up to a maximum of 1,000 points earned for light workouts throughout the year
30 - 59 minutes at 60%+ of HR max	100	Up to a maximum of 1,000 points earned for light workouts throughout the year
60 - 89 min at 60 - 69% of HR max	200	Up to a maximum of 1,000 points earned for light workouts throughout the year
parkrun	300	Adds up to your annual 30,000 points limit
90+ min at 60 - 69% of HR max	300	Up to a maximum of 1,000 points earned for light workouts throughout the year
15 - 29 min at 70% of HR max	100	Up to a maximum of 1,000 points earned for light workouts throughout the year
30 - 59 min at 70 - 79% of HR max	200	Adds up to your annual 30,000 points limit
60+ minutes at 70 - 79% of HR max	300	Adds up to your annual 30,000 points limit
30+ min at 80%+ of HR max	300	Adds up to your annual 30,000 points limit

All fitness points including points for the Vitality Fitness Assessment and Vitality Functional Assessment will count towards achieving your weekly Vitality Active Rewards exercise goals, whether or not you have reached the monthly cap (1,200) or annual cap of 30,000 fitness points towards your Vitality Status.

Example: Sam has done a number of 60-69% of max HR workouts and accumulated 1,000 points for these. Any additional fitness points earned for 60-69% of max HR workouts won't contribute towards her Vitality status but she will still be able to earn points towards achieving her Vitality Active Rewards exercise goal.

**Earn speed workout fitness points by:**

- Running at an average of 5.5+ km/hr
- Swimming at an average of 1.5+ km/hr
- Cycling at an average of 10+ km/hr

**Heart rate target tip:**

Calculate your maximum heart rate by subtracting your age from 220.  
Use this [easy guide](#) for more info.

**Recognising endurance training**

Members who do longer workouts at a light intensity of 60-69% of their age-related maximum heart rate can now earn 200 points for a workout of 60-89 minutes and 300 points for a workout longer than 90 minutes.

**Recognising shorter workouts**

Members who prefer doing shorter workouts at a moderate or high intensity of over 70% of their age-related maximum heart rate can now earn 100 points.

## FITNESS POINTS AND CAPS FOR MEMBERS AGED 65+

	Points	Need to know
Workout: 30+ min online workout 65+	50	Adds up to your annual 30,000 points limit
Vitality Anywhere - 30+ min workout 65+	100	Be sure to check in and check out for every workout
Gym workouts	100	Adds up to your annual 30,000 points limit
5,000 - 7,499 steps	50	Up to a maximum of 1,000 points earned for light workouts throughout the year
7,500+ steps	100	Adds up to your annual 30,000 points limit
60 - 89 min at 60% - 69% of HR max	200	Adds up to your annual 30,000 points limit
parkrun	300	Adds up to your annual 30,000 points limit
90+ min at 60% - 69% of HR max	300	Adds up to your annual 30,000 points limit
30 - 59% - 69% of HR max	100	Up to a maximum of 1,000 points earned for light workouts throughout the year
30+ min at 70% - 79% of HR max	300	Adds up to your annual 30,000 points limit

## FITNESS POINTS AND CAPS FOR ENDURANCE AND HIGH PERFORMANCE ATHLETES

	Points
90 - 119 min at 60% - 69% of HR max	300
120 - 179 min at 60% - 69% of HR max	450
180+ min at 60%+ of HR max	600
90 - 119 min at 70%+ of HR max	450
120+ min at 70% of HR max	600

To apply for the endurance and high performance athlete category, click [here](#).

## TIMED AND VERIFIED RACE EVENTS POINTS

Claim your Vitality points online or via the Discovery app. Remember to attach your proof of race completion with a race certificate or other supporting documentation.

	300	600	1,500	3,000
 walking/running event	5 - 9km	10 - 20km	21 - 41km	42km+
 swimming event	0.5 - 1km	1.1 - 3km	3.1 - 5.9km	6km+
 cycling event	25 - 49km	50 - 99km	100 - 179km	180km+
 obstacle course races event	3.5 - 7.9km	8 - 14.9km	15 - 29.9km	30km+
 trail running	3.5 - 7.9km	8 - 14.9km	15 - 29.9km	30km+
 mountain bike	15 - 35.9km	36 - 64.9km	65 - 119.9km	120km+
 canoe	5 - 9km	10 - 29km	30 - 39km	40km+
 paddle board	5 - 9km	10 - 29km	30 - 39km	40km+
 surfski	5 - 9km	10 - 29km	30 - 39km	

We also recognise our duathletes and triathletes with the full set of points per event discipline for example, earn 9,000 points for a full Iron man.

**Note:** Points will only be awarded for one fitness activity a day. If you complete more than one fitness activity in a day, then the higher of the activities will be awarded.



## 05 | CHOOSE TO EAT HEALTHY

- 20 points for each HealthyFood item
  - 20 points deducted for each unhealthy item purchased
- Maximum points for a member 18 years and older:**  
Earn up to **12,000** Vitality points a year
- Learn more about your eating habits at a dietitian ..... Up to **1,000** Vitality points
- Or
- Learn more about your healthy eating habits at a HealthyWeight nutrition consultation
- Or
- Check in after your first 4 weeks after a HealthyWeight programme



## 06 | VACCINATIONS FOR THE WHOLE FAMILY

- Flu vaccination** (all Vitality members from the age of 6 months) ..... **1,000 once a year**  
only awarded if received from March to September
- Flu vaccination** (bonus points for members 60 years and older) ..... **1,000 once a year**  
only awarded if received from March to September
- HPV vaccinations** for members aged 15 to 26 years of age (3 doses, 6 months apart) ..... **1,000 once in a lifetime**  
once you have completed the full course
- Pneumococcal vaccinations** for members 65 years and older ..... **1,000 per vaccination once in a lifetime**
- Shingles vaccinations** for members 60 years and older\*\*\*\* ..... **1,000 once in a lifetime**
- Meningococcal conjugate vaccination** (Catch up - 1 dose) for children aged 2 - 23 years ..... **500 Vitality points once in a lifetime**

\*\*\*\* Vitality 65+ members will need to bring along a script from your GP to conduct your vaccine during the Vitality Health Check for 65+.

\*\*\*\*\* It is recommended that the Meningococcal vaccine be administered at 9 - 23 months in two doses. If the child does not receive the two doses between 9 months to 23 months, then a single dose is recommended from age 2 years to 23 years. 1,000 points will only be awarded for the two doses at 9 months to 23 months or 500 points for the single dose from age 2 years to 23 years, once in a lifetime.



## 07 | MANAGING CHRONIC CONDITIONS

Vitality members registered on the Chronic Illness Benefit with Discovery Health can earn up to 2,500 Vitality points a year for managing your chronic conditions. The qualifying conditions are diabetes, hyperlipidemia, high blood pressure and ischemic heart disease.






[Find out more.](#)



## 08 | POINTS NEEDED TO REACH EACH STATUS

Your Vitality status is a key indicator of health. You'll increase your Vitality status as you prioritise understanding your health and taking steps to improve it.

The table below shows how many Vitality points members need to reach each status.

	 <b>BLUE</b>	 <b>BRONZE</b>	 <b>SILVER</b>	 <b>GOLD</b>	 <b>DIAMOND</b>
<b>Single member</b>	You start at Blue Vitality status	7,500	25,000	40,000	50,000
<b>Main member +1 member</b> 18 years and older		15,000	50,000	80,000	100,000
<b>Main member +2 members</b> 18 years and older		18,750	62,500	100,000	125,000
<b>For each additional member</b> 18 years and older*		+ 3,750	+ 12,500	+ 20,000	+ 25,000

\* Additional adult dependants can only earn a maximum of 25,000 Vitality points per year.

When a child dependant turns 18 during any month of the year, the Vitality status points threshold for the family will only increase in the January after the dependant's 18th birthday.

Terms and conditions apply. If you have any questions or need more information and a set of the full Vitality rules, please check the website.

### FIND OUT MORE

If you have any questions or need more information about Vitality points and status, go to [www.discovery.co.za](http://www.discovery.co.za). You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the **Vitality Main Rules** will apply at all times.

### STAY IN TOUCH

If you have any questions or need more information about this benefit, please visit [www.discovery.co.za](http://www.discovery.co.za)

Keep up to date with the latest news from Vitality: visit [www.discovery.co.za](http://www.discovery.co.za), download the Discovery app, follow Discovery Vitality on



[www.discovery.co.za](http://www.discovery.co.za)



@Vitality\_SA



Discovery Vitality



@Discovery\_SA



DiscoverySA