

**Get healthy.  
Drive well.  
Get rewarded.**

## Earn up to 25% HealthyCare cash back with GoSmokeFree

Discovery Vitality aims to make our members healthier by encouraging positive behavioural changes. We have partnered with GoSmokeFree to help our members improve their overall health by stopping to smoke while rewarding them for doing so. As a Discovery Vitality member, you can get up to 25% cash back on HealthyCare items such as Nicorette gum and patches at your preferred partner and up to 10% cash back at the other HealthyCare partner.

### What is the GoSmokeFree benefit:

GoSmokeFree is a fully supported stop-smoking programme that is available at participating Clicks and Dis-Chem pharmacies. The consultations are with a nurse who is trained as a GoSmokeFree adviser.

The GoSmokeFree programme consists of six sessions in total:

- **Session 1**  
This is the assessment phase. Here the nurse will determine your readiness and ability to stop smoking with a pre-quit assessment. The nurse will also develop an individual plan for you to stop smoking.
- **Session 2**  
Actual quit day
- **Session 3 - 6**  
To improve your chances of success, you will have four one-on-one sessions with the nurse to support and guide you on your journey to stop smoking.
- You will have access to GoSmokeFree as part of the HealthyCare benefit and therefore get up to 25% cash back on the R399 once-off fee.
- Vitality members qualify for cash back for the GoSmokeFree programme fee a maximum of twice per calendar year.
- The smoking cessation aids (Nicorette gum and patches) will also form part of the HealthyCare benefit and will qualify for up to 25% cash back.

You can also earn HealthyCare cash back when you shop online at [Clicks](#) or [Dis-Chem for other everyday personal and family care items](#). View the HealthyCare [Clicks](#) and [Dis-Chem](#) catalogues to see the extensive list of HealthyCare items you can earn cash back on.

## Who can use the GoSmokeFree benefit

Members 18 years or older on an active Discovery Vitality membership can use this benefit. Discovery Vitality members can only qualify for this benefit from the day that they turn 18.

## What you pay for the GoSmokeFree benefit

You do not pay any fees for the HealthyCare benefit apart from your monthly Discovery Vitality contributions. You will need to pay the full amount of your GoSmokeFree programme fee at the pharmacy cashier which will then qualify for cash back. Remember to swipe your relevant HealthyCare card when making this payment.

## How to activate the GoSmokeFree benefit

First [activate](#) the HealthyCare benefit and choose your preferred partner as soon as you have collected your store loyalty partner card. The HealthyCare benefit rules apply. To see the HealthyCare benefit rules [click here](#).

Once you've activated the HealthyCare benefit, you can go ahead and make an appointment with a GoSmokeFree nurse. [Find your nearest GoSmokeFree venue at one of the participating Clicks and Dis-Chem pharmacies](#). You can then make an appointment online by emailing GoSmokeFree [here](#), or give them a call on +27 21 180 4490 or you can make a physical booking at your chosen venue. Remember that choosing your preferred HealthyCare pharmacy for your consultations with a GoSmokeFree nurse will give you your maximum cash back.

Swipe your HealthyCare card at the Dis-Chem or Clicks cashier before you pay for the GoSmokeFree programme fee to get up to 25% cash back. You can also get up to 25% cash back on smoking-cessation products that appear on the HealthyCare catalogues.

## Sign your non-smoker's declaration when doing your annual Vitality Health Check

After twelve months of successfully stopping smoking, you can sign the non-smoker's declaration when doing your Vitality Health Check. We've enhanced the Vitality Health Check to consist of five measures:

- Blood pressure
- Blood glucose
- Cholesterol
- A weight assessment
- Signing a non-smoker's declaration

You can earn thousands of Vitality points depending on how many of your health check results are in range.

## If you start smoking

If you start smoking, you need to contact us so that the points you earned for your non-smoker's declaration can be reversed.

## Ending the benefit

### Ending or downgrading your Discovery Vitality membership


If your Discovery Vitality membership ends or you downgrade to a Discovery Vitality membership that does not qualify for the HealthyCare benefit, you will no longer receive your HealthyCare cash back.

## Stay in touch

If you have any questions or need more information about this benefit, visit the [Discovery Vitality Help page](#) or [Send us a query](#).

Queries relating to the program will be managed by GoSmokeFree, members can contact GoSmokeFree directly on 021 180 4490.

If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules, the Vitality Main Rules for Vitality Health members will apply at all times

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow

Discovery Vitality on    (@Discovery\_SA) and  (DiscoverySA).

Specific limits, terms and conditions apply to each benefit and may be subject to change. We will inform you if there are any product or benefit changes.

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