Summary of Vitality points

Vitality points for each benefit and status

This document sets out the points you can earn when you engage in the Vitality Programme. For more information about how Vitality works, visit www.discovery.co.za.

Maximum Points

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

01 | Find out your Vitality Age

Understand how healthy you are relative to your actual age

2 500 Vitality points once a year

02 | Do your Vitality Health Check (for men and women 18 years and older)

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.

You can earn up to 22 500 Vitality points depending on how many results are in range. 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.

<table>
<thead>
<tr>
<th>NUMBER OF IN-RANGE RESULTS</th>
<th>0 – 1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2 500 pts</td>
<td>5 000 pts</td>
<td>10 000 pts</td>
<td>15 000 pts</td>
<td>22 500 pts</td>
</tr>
<tr>
<td>1</td>
<td>2 500 pts</td>
<td>3 500 pts</td>
<td>7 500 pts</td>
<td>12 500 pts</td>
<td></td>
</tr>
<tr>
<td>2+</td>
<td>2 500 pts</td>
<td>2 500 pts</td>
<td>5 000 pts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Do further health checks depending on your age and gender

Health Check:

Colon Cancer Screening for men and women 50 years and older*  
Maximum points: 2500 points once a year

Bone mass density test** for women aged 65 and older and men aged 70 and older  
Maximum points: 2500 points

Dental check-up  
Maximum points: 1000 points once a year

Glaucoma screening for members 60 years and older  
Maximum points: 2500 points once a year

HIV counselling and testing for members 18 years and older  
Maximum points: 5000 points once a year

Mammograms*** for women 40 years and older  
Maximum points: 2500 points once a year

Pap smears*** for women between the ages of 16 and 65 years old  
Maximum points: 2500 points once a year

Vision test for members 60 years and older  
Maximum points: 1000 points once a year

* 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 screening, and in the following nine years.

** 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.

Earn points for getting active

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

Overall maximum Vitality fitness points  
Maximum points: 30000 per year

Overall maximum Vitality fitness points for Kids  
Maximum points: 20000 per year

Vitality Fitness Assessment*  
Maximum points: Up to 7500 Vitality points once a year

Vitality High Performance Fitness Assessment*  
Maximum points: A bonus of up to 10000 Vitality points depending on how fit you are

Maximum points earned for tracking step activity  
Maximum points: 1200 per month

* If you choose to do the assessment more than once in the year 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.
### FITNESS POINTS YOU CAN EARN

<table>
<thead>
<tr>
<th></th>
<th>50</th>
<th>100</th>
<th>200</th>
<th>300</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Workout activities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>myrun (2.5km) Health clubs Round of golf Run/Walk For Life</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Steps</strong></td>
<td>5 000 – 9 999 steps*</td>
<td>10 000+ steps**</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Speed workouts</strong></td>
<td></td>
<td></td>
<td>30+ min</td>
<td></td>
</tr>
<tr>
<td><strong>Light workouts at 60 – 69% of max heart rate</strong></td>
<td></td>
<td></td>
<td>30+ min*</td>
<td></td>
</tr>
<tr>
<td><strong>Moderate workouts at 70 – 79% of max heart rate</strong></td>
<td></td>
<td></td>
<td>30 – 59 min</td>
<td>60+ min</td>
</tr>
<tr>
<td><strong>Vigorous workouts at 80%+ of max heart rate</strong></td>
<td></td>
<td></td>
<td></td>
<td>30+ min</td>
</tr>
</tbody>
</table>

* 1 000 fitness points threshold. Earn 50 Vitality points for tracking between 5 000 and 9 999 steps in a day or 100 points for a 30+ minute workout where you are able to maintain 60 – 69% of your maximum age-related heart rate. These activities recognise that important first step for many of our members who are just starting out. For this reason, these points will contribute to your weekly Vitality Active Rewards goal, but will be subject to a cap of 1 000 points per year towards your Vitality Status.

** 2019 Update: You can earn up to 1 200 Vitality points per month towards your Vitality Status and Vitality Active Rewards goal by tracking 10 000+ steps. After the cap is reached in a month, all 10 000+ step activity will continue to count towards Vitality Active Rewards goal.

#### 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.

<table>
<thead>
<tr>
<th></th>
<th>300</th>
<th>600</th>
<th>1 500</th>
<th>3 000</th>
</tr>
</thead>
<tbody>
<tr>
<td>walking/running event</td>
<td>5 – 9km</td>
<td>10 – 20km</td>
<td>21 – 41km</td>
<td>42km+</td>
</tr>
<tr>
<td>swimming event</td>
<td>0.5 – 1km</td>
<td>1.1 – 3km</td>
<td>3.1 – 5.9km</td>
<td>6km+</td>
</tr>
<tr>
<td>cycling event</td>
<td>25 – 49km</td>
<td>50 – 99km</td>
<td>100 – 179km</td>
<td>180km+</td>
</tr>
</tbody>
</table>

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.
Earn up to **12 000** Vitality points a year

HealthyFood items
- 20 points for each HealthyFood item
- 20 points deducted for each unhealthy item purchased

Learn more about your eating habits at a dietitian

<table>
<thead>
<tr>
<th>Earn speed workout fitness points by:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Running at an average of 5.5+ km/hr</td>
<td></td>
</tr>
<tr>
<td>Swimming at an average of 1.5+ km/hr</td>
<td></td>
</tr>
<tr>
<td>Cycling at an average of 10+ km/hr</td>
<td></td>
</tr>
</tbody>
</table>

Hearts rate target tip:
Calculate your maximum heart rate by subtracting your age from 220.

Use this easy guide for more info.

### 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.

The points you earn from your Vitality Fitness Assessment contribute towards your yearly cap of 30 000 fitness points. The bonus points you earn from your Vitality High Performance Fitness Assessment don’t contribute towards your yearly cap of 30 000 fitness points.

* These points contribute to weekly Vitality Active Rewards goals but are capped at 1 000 points per year towards Vitality Status.

** 2019 Update: Members will earn up to **1 200 Vitality points** per month by tracking step activity. All step activity will continue to count towards Vitality Active Rewards.
Points for expecting and new mothers

Maximum points for a member:

**Vaccinations 0 – 2 years**  
500 points per vaccination event

**Attending antenatal classes for expectant parents**  
2 000 Vitality points once a year

**CPR Course**  
2 500 Vitality points once a year, for as many years as the certificate is valid

**Well Baby Clinic visits at Clicks or Dis-Chem**  
Up to 2 500 Vitality points once a year

PLUS earn double points for selected fitness activities and for buying HealthyFood items during pregnancy and until your baby is six months old.

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Benefits where child dependants (younger than 18 years old) earn points

Child dependants on their parents’ Vitality policy, younger than 18 years can only earn points for certain benefits.

**Kids Vitality Health Review** Child dependants from birth until 18 years  
500 a year

**Kids Vitality Health Check** Child dependants from birth until 18 years  
500 a year

**Dental Health Check** Child dependants older than two but younger than 18 years  
1 000 a year

**Optometry visit** Children between three and five years old  
1 000 points in a lifetime

**Taking part in a parkrun** Only for children six years and older  
300 Vitality points

**Gym partner visits** Only for children six years and older  
100 Vitality points

**Working out with a Vitality linked fitness device** Only for children 14 years and older  
Up to 300 Vitality points

**Vitality timed race events** Only for children 16 years and older  
Up to 1 500 Vitality points

Kids six years and older can start earning Vitality points for fitness activities. Kids can earn up to 20 000 fitness points a year.

The benefits for child dependants end at 12am (midnight) on the day of their 18th birthday. This means that they cannot use any benefits for child dependants under 18 on the day of their 18th birthday (or anytime afterwards).
Vaccinations for the whole family

Flu vaccination (all Vitality members from the age of 6 months) ➔ 1 000 once a year

Flu vaccination (bonus points for members 60 years and older) ➔ 1 000 once a year

HPV vaccinations for members between the ages of nine and 25 years old ➔ 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 a year

Shingles vaccinations for members 60 years and older ➔ 1 000 once a year

Vaccinations for children under the age of two* ➔ 500 per vaccination event

Childhood vaccinations for children aged four to seven** ➔ 1 000 once in a lifetime

Meningococcal conjugate vaccination for children aged 11 to 12 ➔ 500 Vitality points once in a lifetime

Meningococcal conjugate vaccination (Booster dose) for children aged 16 ➔ 500 Vitality points once in a lifetime

* Please send us proof of the vaccination once your child has received the vaccination and before your child's second birthday to earn Vitality points.
  You can upload the proof on https://www.discovery.co.za/portal/individual/claim-vitality-points

** All children on Vitality who are between four and seven years old will earn Vitality points for having the five repeat vaccinations.
Up to 2 500 Vitality reward points earned through Vitality Active Rewards can be converted into Vitality points per adult member on your Vitality membership.

These points will count towards your overall Vitality status. Vitality reward points can be earned by reaching Vitality Active Rewards goals, and by achieving Vitality health goals. You need to have at least 100 Vitality reward points available in order to convert them to Vitality points.

Points needed to reach each status

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

<table>
<thead>
<tr>
<th>Single member</th>
<th>Main member +1 member</th>
<th>Main member +2 members</th>
<th>For each additional member</th>
</tr>
</thead>
<tbody>
<tr>
<td>You start at Blue Vitality status</td>
<td>10 000</td>
<td>20 000</td>
<td>30 000</td>
</tr>
<tr>
<td></td>
<td>30 000</td>
<td>60 000</td>
<td>80 000</td>
</tr>
<tr>
<td></td>
<td>45 000</td>
<td>90 000</td>
<td>120 000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 000</td>
<td>20 000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 000</td>
<td></td>
</tr>
</tbody>
</table>

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. 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.