

# Vitality Health Check

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## Virtual Vitality Health Check-in

Non-communicable diseases are increasingly becoming a global challenge that governments, businesses and communities grapple with. These are diseases of lifestyle that can be largely prevented if poor lifestyle behaviours are changed.

To help you manage your health risks, and limit your exposure to COVID-19, you can choose to do a Virtual Vitality Health Check-in. 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.

### Who may use this benefit?

All Vitality members, 18 years and older, on an active Vitality membership may use this. (A member can only qualify for this benefit and earn Vitality points from the day of their 18th birthday.)

### What you pay

The Virtual Vitality Health Check-in costs R161.10. Members of most medical schemes administered by Discovery Health (Pty) Ltd are covered for one Virtual Vitality Health Check-in from your Screening and Prevention benefit – it won't impact your day-to-day benefits. (If you are in a general waiting period, Discovery Health does not cover this.) Please check your plan for benefit details.

## Get started

Where can you book the Virtual Vitality Health Check-in? You can only access the Virtual Vitality Health Check-in by booking online. Once the booking has been confirmed, you will receive an email informing you on what to expect during the assessment. On the date and time of your booking, you will be called by the allocated specialist from Discovery Health (Pty) Limited on your phone as a Skype call. You do not need the Skype app. You can elect a video consult too. The wellness specialist will then send you an email invitation with a Microsoft Teams link to begin your video consult. If you do not have the Microsoft Teams, you can still have a Microsoft Teams consult via your browser. You will be also be emailed a consult guide by the wellness specialist to begin the assessment.

## Earn Vitality points

The main member, spouse and adult dependants (aged 18 years and older) can do a Virtual Vitality Health Check-in and earn 2 500 Vitality points once in the year. The points will add up to the maximum 22 500 points you can earn for completing an in-person Vitality Health Check. Your points will be earned on completion of the consultation, regardless of any health risks that may be identified.

## Maximise rewards

By completing the Virtual Vitality Health Check-in, you will get access to all benefit boosts associated with the Vitality Health Check, including:

For Vitality members	For Vitality Active members	For KeyFIT members
HealthyFood HealthyCare HealthyDining	HealthyCare Huawei Funeral benefit	HealthyFood HealthyCare HealthyGear Funeral benefit

You can also complete your health checks module within Personal health goals and maximize your rewards for the Discovery Integrator by doing a Virtual Vitality Health Check-in.

## Legal terms

You understand that by providing your personal details, you are agreeing to Discovery Health (Pty) Ltd processing your personal information, including information held by Discovery Vitality in accordance with the provisions of the respective privacy statements and, in order for you to participate in the Virtual Vitality Health Check-in. You further agree that the information will only be retained for the period of time as consistent with legislative requirements, and further required to fulfill the purpose of which it was collected for.

Discovery Health (Pty) Ltd, and Discovery Vitality, are committed to maintaining the accuracy, confidentiality, and security of your personal information at all times.

You further agree that should you appear to be under distress, medical or otherwise, you authorise the allocated Wellness Specialist to make such necessary calls to emergency services and/or contact the next of kin on record as required. You also confirm that the Wellness Specialist may accordingly share your personal information to this end. Any costs associated with emergency services shall be for your account. Calls shall be recorded for quality assurance purposes. Data costs may apply as a result of engagement in the programme. Discovery Vitality shall not be liable for any data costs that may be associated with your engagement in the programme.

The following will apply to your engagement in the Virtual Vitality Health Check-in: The assessments and advice presented in the programme are in no way intended as a substitute for medical advice and constitute recommendations. All assessments done in conjunction with or as a result of this programme are done voluntarily and solely at the member's own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this programme including, without limitation, dietary programmes or information.

You expressly agrees to release Discovery Vitality and Discovery and its subsidiaries (the "released parties") from any and all liability connected and understand that under no circumstances will Discovery Vitality and/or Discovery be liable for any injury or damages, including consequential or indirect damages or for any delictual liability of any nature whatsoever suffered by the member as a consequence of your participation in the programme which is inclusive, but not limited to your physical activities. The member also agrees that in no event shall the released parties be liable to the member or any third party for any direct, indirect, punitive, incidental, special or consequential damages arising out of or in any way connected with (a) the member's use or misuse of Vitality, (b) the member's use or misuse of equipment or programs created or licensed by us while engaged in activities, (c) the member's dealings with third party service providers or advertisers available through Vitality, (d) any delay or inability to use benefits on Vitality experienced by the member, (e) any information, software, products, services or content obtained through Vitality, whether based on contract, strict liability or otherwise, even if we have been advised of the possibility of damages.

## Find out more

If you have any questions or need more information about the Virtual Vitality Health Check-in, 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 always apply.

## 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 social media.

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