



Don't just live.
Live it up with **Vitality 65+**
and get rewarded.

VITALITY 65+

Adopting healthy lifestyles enables members to live longer, healthier lives. The benefits of healthy lifestyles are most pronounced at older ages, where adults face both elevated and unique health risks. Since August 2020, the Vitality programme has been enhanced for members 65 or older to identify the unique health risks specific to older adults and adapt to their engagement preferences through tailored health screening and boosted rewards. Introducing Vitality 65+.

Who is eligible for Vitality 65+?

Vitality 65+ is available to members who:

- Are aged 65 years or older
- Have a full Vitality membership. This excludes Vitality Active and Vitality Active Rewards for Doctors
- Are on a Discovery Health Medical Scheme plan, on a Discovery Life policy or has a Discovery Invest policy with full Vitality
- Belong to a Scheme administered by Discovery Health that participates in Vitality 65+ with a full Vitality membership. These are:
 - LA Health (Active; Core; Comprehensive; Focus; KeyPlus)
 - Quantum (Essential Comp; Essential Saver; KeyCare Plus)
 - Remedi (Comprehensive; Classic; Standard)
 - Retail (Essential Plus; Essential)
 - TSGMS (Classic Comp) Tsogo Sun Group Med Aid Scheme (Classic Comp and Classic Saver)) [TSGMS]
 - The Foschini Group Medical Aid Scheme (TFG Health and TFG Health Plus [TFGMAS]).

Vitality Health Check for 65+

Vitality 65+ members have access to the Vitality Health Check for 65+, offered within the [Vitality Wellness Network for 65+](#) and considers the relevant health risks of members 65 years or older. One Vitality Health Check for 65+ is paid from the screening and prevention benefit of most medical scheme plans administered by Discovery Health once a year.

The **Vitality Health Check for 65+** is made up of the core Vitality Health Check that is an assessment that consists 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. We have adjusted the biometric ranges for blood pressure and weight to reflect the changing health risks with age for our Vitality 65+ members.

The Vitality Health Check for 65+ includes a clinically verified screening, the **STEADI falls risk assessment** which assesses gait, strength and balance. This is in addition to the core Vitality Health Check assessments.

You can earn **up to 22,500 Vitality points** depending on how many of your core Vitality Health Check results are in range.

Adjusted biometric ranges

The in-range criteria for weight and blood pressure have been adjusted to reflect the changing health risks with age in line with the latest international guidelines.*

Metric	Current in-range criteria	Adjusted in-range for 65+
Waist circumference	Female: Less than 80 cm	Female: Less than 88 cm**
	Male: Less than 94 cm	Male: Less than 102 cm**
Blood pressure	Less than 130/80 mmHg	Less than 140/90 mmHg

* As recommended by the European Society of Cardiology, European Society of Hypertension and South African national guidelines. ** BMI between 25 kg/m² and 29.9 kg/m².

Age-specific pre-screening for health risks

The Vitality Health Check for 65+ includes a clinically verified screening test for age-specific health risks.

1. STEADI falls risk assessment

This assessment is based on the Centres for Disease Control and Prevention's STEADI programme. The falls risk assessment forms part of the international best practice guidelines to prevent falls in older adults. The assessment measures gait, strength and balance.

Vitality 65+ members will get **500 Vitality points** for completing all the STEADI falls risk assessment. The points will be subject to the Vitality Health Check limit of 22,500 points, regardless of your results in the additional assessments.

Preventive vaccines (optional)

Age-related immunity decline makes older adults more susceptible to disease. Vitality members 65 or older can reduce this risk by getting the flu and pneumococcal vaccines, now included as part of the Vitality Health Check for 65+.

- Seasonal flu vaccine: Adults 65 or older account for up to 75% of all flu-related hospitalisation. Therefore, flu vaccines are crucial to maintaining good health while ageing. **If you are 60 or older, you can earn 2,000 Vitality points per year. The vaccine needs to be administered** between March and September for Vitality points to be awarded.
- Pneumococcal vaccine: Pneumococcal disease causes severe infections of the lungs and bloodstream with a higher risk of contraction in older adults. **If you are 65 or older, you can earn 1,000 Vitality points for this vaccine once in your lifetime.**
- Shingles vaccine: If you would like to get a shingles vaccine during your Vitality Health Check for 65+, you will need a script from your GP. Please note that if you opt to get the pneumococcal vaccine during your Vitality Health Check for 65+, you will need to come back another day to get the shingles vaccine, as they cannot be administered on the same day. **If you are 65 or older, you can earn 1,000 Vitality points for this vaccine.**

Costs for vaccines

- The shingles vaccination is funded from your health plan's day-to-day benefits and requires a doctor's prescription. If you would like to have your shingles vaccination, please take your script with you to the Vitality Health Check for 65+ appointment.
- The cost to administer vaccinations is funded from your day-to-day benefits.

Comprehensive health risk management

Members completing the Vitality Health Check for 65+ 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.

New pathway for health risk management

If a member's Vitality Health Check for 65+ results show certain elevated health risks, they'll be referred to a doctor for more detailed assessments and health management advice. The following clinical referral pathways are new and exclusive to the Vitality Health Check for 65+:

Complete a Vitality Check for 65+ to identify key health risks	Get referred to relevant healthcare practitioners	Earn Vitality points
Diagnosed or at risk of developing cardio-metabolic conditions*	Premier Plus GP consult*	Up to 2,500 points
At risk for vision impairment	Optometrist consult that consist of a glaucoma screening and a vision test	Up to 3,500 points
At risk for hearing loss	Audiologist consult	Get 1,000 points
At risk for falls	Vitality Functional Assessment with a biokineticist **	Get 2,500 points

* Funded from risk for members of Discovery Health Medical Scheme and certain schemes administered by Discovery Health. Points earned for a Premier Plus GP consult consist of the points earned for managing chronic conditions. Points earned for an optometrist consult consist of a glaucoma screening and a vision test.

**Vitality 65+ members can choose to do a Vitality Fitness Assessment and Vitality Functional Assessment. The Vitality Functional Assessment gives 2,500 points, and the Vitality Fitness Assessment's points depend on results, with a combined cap of 10,000 points. If both assessments are completed, Vitality Fitness Assessment points count after the 2,500 Vitality Functional Assessment points.

Members can opt to do a VHC at Home with a nurse to help you manage your health risks and limit your exposure to the virus.

Earn Vitality fitness points

For members 65 or older, points for physical activity have been adjusted to encourage regular exercise at a lower intensity, aligning with the relevant health risks of older adults.

Vitality 65+ members can earn up to 30,000 Vitality fitness points a year by tracking steps and have no monthly steps cap when completing 7,500 steps or more a day.

Vitality 65+ members earn 50 Vitality points for completing 5,000 to 7,499 steps and 100 points for completing 7 500 or more steps. The annual limit of 1,000 Vitality points for completing 5,000 to 7,499 steps will apply.

Vitality 65+ members also earn points based on average age-related heart rate for workouts.

- 200 points for a light workout lasting at least 60 minutes when maintaining 60% to 69% of their maximum age-related heart rate.
- 300 points for completing a 30-minute workout at 70% to 79% of their maximum age-related heart rate.

You can find more information on earning points for Vitality 65+ members [here](#).

Rewards

Vitality Active Rewards

As a Vitality Health member, you are eligible for discounts on select [Vitality Active Rewards](#) redemptions in the Vitality Mall in the Discovery app. Discovery Bank clients access the Vitality Mall from their Discovery Bank app. . Most rewards worth 350 Discovery Miles or more qualify for discounts based on the Vitality programmes you have activated. These will be indicated on each qualifying reward in the Discovery app. These discounts cannot be used in conjunction with another promotion.

Vitality Programme	Discount percentage
Vitality Health	5% discount
Vitality Drive	5% discount
Vitality Money	5% discount

The above discounts apply if you have not completed your Vitality Age and Vitality Health Check 65+

assessments. If you have completed both assessments, you are eligible for a **25% discount off all Vitality Active Rewards redemptions in the Vitality Mall in the Discovery app worth 350 Discovery Miles** for 12 rolling months.

Apple Watch benefit

As a Vitality Health member, you can fully fund your Apple Watch by achieving all your weekly Vitality Active Rewards exercise goals over a consecutive 24-month period. You must have a qualifying Discovery Bank credit card that is in good standing.

Vitality 65+ members can now fully fund an **Apple Watch** Series SE GPS Aluminum Case Sport 40mm or Apple Watch Series 10 GPS Aluminum Case Sport 42mm over 24 months and get the full activation fee of R1,199 back. This will be paid at the end of the following month of your Apple Watch activation and into your qualifying Discovery Bank credit card that the activation fee was deducted from. You can only get the activation fee back in its entirety once in your lifetime. **You can get one Apple Watch per Vitality Health policy in a 24-month period.**

For more information on the Apple Watch benefit, please view the Vitality Active Rewards with [Apple Watch benefit guide](#) and [Frequently asked questions](#).

Gym with Virgin Active or Planet Fitness

As a Vitality Health member, you can get up to **75% off your monthly gym fees**.

As a Vitality 65+ member, you **can join the gym without having to pay the gym activation fee**. This is applicable to all gym membership types.

You must work out at the gym 36 times in a rolling 12-month period to keep your maximum gym savings. Read more information on the [Virgin Active](#) and [Planet Fitness](#) gym benefit.

Vitality Health upfront discounts

Vitality Health clients earn up-front discounts on various travel offerings with Vitality Travel with Discovery Bank. You can access Vitality Travel through the new Discovery Account, a fully digital bank account with zero monthly fees, or a Discovery Bank transaction or credit card account OR maximise your benefits and rewards with a full banking suite. You can find out more about Vitality Travel [here](#).

What you pay for Vitality 65+

Vitality 65+ enhancements do not come at any additional cost to members. Other than your normal monthly Vitality membership fee and data costs when using the app, you don't have to pay anything to be part of Vitality 65+. When you turn 65, you will automatically be part of Vitality 65+ and enjoy all the enhancements that come with this programme.

Your privacy is important to us

To participate in the Vitality Active Rewards Health goals programme, you will be asked to agree to certain privacy settings. You can control who can see your profile. Information you can agree to share through the Discovery app includes your name, profile picture, Vitality Health Check for 65+ outcomes, goal reached and performance metrics. If you choose not to share your information, your personal and performance data will not be shown. Your Discovery app privacy settings can be updated at any time if you change your mind.




By using the Vitality programme, you agree that Discovery Vitality, Vitality's health partners and Vitality's rewards partners may share your personal and payment information as is strictly necessary to administer your selected benefits effectively. Your personal and payment information will be processed in line with the [Vitality main rules](#).

Find out more

To find out more about this benefit, visit the [Help page](#) on our website.

Stay in touch

Limits, terms and conditions apply. If you have any questions or need more information about this benefit, please visit www.discovery.co.za. 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.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on  (@Discovery Vitality)  and (@Vitality_SA).

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