

Vitality Health Tracker

Start tracking your health with the Vitality Health Tracker

The Vitality Health Tracker has been designed for any Discovery member, who has a Discovery product that is eligible for a Vitality Health membership, to be able to track their exercise and achieve their personalised health goals. Members using the Vitality Health Tracker will receive similar but limited tools to those that Vitality Health members have to track and improve their health. As Vitality Health Tracker users engage and improve their health, they will be able to accumulate locked Discovery Miles for getting active and completing the screening and prevention assessments. Should Vitality Health Tracker members choose to upgrade their experience, the Discovery Miles they have accumulated will be redeemable once they upgrade to a Vitality Health product.

The Vitality Health Tracker is available through Vitality Active Rewards, a platform that encourages and rewards Vitality Health members for getting healthier, driving well and spending responsibly. The Vitality Health Tracker provides a framed platform for Discovery members without a Vitality policy, to experience how Vitality encourages and rewards healthy living.

Who qualifies to use the Vitality Health Tracker?

Any member who is 18 years or older who has an applicable Discovery Health, Discovery Life, Discovery Invest or Group Risk fund which is eligible for a Vitality policy has access to the Vitality Health Tracker. All In-house schemes with the exception of Bankmed, Anglo Medical Scheme and Retail Medical Scheme have access to the Vitality Health Tracker. You need a compatible iOS or Android device to access this benefit in the Discovery app. Download or update to the latest versions of the app from the relevant app store.

What you pay for the Vitality Health Tracker

The Vitality Health Tracker is available through the Discovery app at no cost. This excludes any data costs which may apply when you download, use or update the latest version of the Discovery app to track your health.

How Vitality Health Tracker works

01 | Download the Discovery app

- Download the latest version of the Discovery app
- Log in using your Discovery website username and password
- Under 'Vitality Health Tracker', tap on 'Get started'
- Complete the health status questionnaire and Get tracking

02 | Get active to achieve your exercise goals and close your exercise ring

The Vitality Health Tracker will set a weekly, personalised exercise goal, based on your current health status and activity levels. Share your exercise information with Vitality to achieve your weekly exercise goal.

Your goal is based on your current health status and activity levels. Your goal is dynamic. It adjusts upwards and downwards based on your activity level and goal completion over previous weeks to gradually encourage you to the next level; keep you motivated and engaged at the current level; or ease to a lower level more suitable for your fitness ability. These goals are clinically-informed and will guide you along specific and progressive exercise pathways to keep you motivated and getting active.

To achieve your exercise goal, you can exercise the way you enjoy and share your exercise information with Vitality:

- Link your fitness device or app to Vitality
- If you belong to a Virgin Active or Planet Fitness Health club, you can give your health club permission to [share your workout data with Vitality](#).
- Join a [parkrun](#) or [myrun](#) near you
- Enter a Vitality approved [race event](#).

You have from Saturday morning until the following Friday to achieve your weekly exercise goal. Check your progress using the Vitality Health Tracker. You'll know you've achieved your weekly goal when your exercise ring closes.

03 | Do your Health Check to stay on top of your health and achieve your health check goal

The [Health Check](#) is a simple and convenient set of essential health screening and preventive tests including: blood pressure, blood glucose, cholesterol tests, and weight assessments (which includes weight, height and waist circumference).

You can conveniently [book an appointment online](#) to complete your Health Check at your nearest Clicks or Dis-Chem pharmacy clinic. You can also do your Health Check at a Discovery Wellness Day, a pharmacy or GP in the [Vitality Wellness Network](#) or an accredited [Vitality Wellness Centre](#).

Remember to take your Discovery membership card and green barcoded identity document or smart card.

Members of most medical schemes administered by Discovery Health (Pty) Ltd, are covered for one Health Check a year from your Screening and Prevention Benefit – it won't impact your day-to-day benefits (if you are in a general waiting period, your medical scheme does not cover this).

The fee for the Health Check is R240 and only applies if you are not part of the Discovery Health medical scheme or a scheme that is administered by Discovery Health, if you had the tests done once before in the year, if you have an applicable waiting period or if the provider requires an upfront payment.

04 | Add an unlimited number of friends

You can invite an unlimited number of friends who are part of the Vitality Active Rewards programme to join your friends list. This will let you track each other's exercise activity and goal achievement. To invite a friend, send your 10-digit invite code to your Vitality friends and ask them to input the code to add you. You can then accept their invite through the Discovery app. You have the option to delete someone from your friends list at any stage.

05 | Accumulate Discovery Miles for achieving your exercise goals

Each time you close your exercise ring you will instantly accumulate 100 locked Discovery Miles and a play on the gameboard which will add more Discovery Miles to your accumulated balance. Vitality Health Tracker only members will have a maximum of six opportunities per year to accumulate Discovery Miles and play the game board. The plays will reset on 1 January every year. Vitality Health Tracker members who have a Vitality Drive and Vitality Money policy will have a maximum of six fitness plays in a lifetime. Once the maximum number of plays have been reached, you will be able to continue tracking your exercise but will not be able to accumulate any more Discovery Miles using the Vitality Health Tracker unless you buy up to a Vitality product.

You will collect 100 instant Discovery Miles and gameboard plays up to a limit of six ring closes for achieving your exercise goals:

- Your earned gameboard play will reflect on the following Wednesday of the week you achieved your goal.
- You have until midnight on the Tuesday after your gameboard play was issued to use your play and accumulate more Discovery Miles.
- Plays for late events will only reflect on the following Wednesday. This is because after you have used your week's plays, the gameboard tiles get revealed to you.
- Each gameboard is different and a new gameboard is released each week to your app

Once your six play limit has been reached, you will still be able to track your exercise but will no longer accumulate Discovery Miles. You will also no longer be able to play the gameboard. Once you upgrade to Vitality Health you will be able to redeem the Discovery Miles you accumulated as part of your Vitality Health Tracker programme for reward.

You will also accumulate locked Discovery Miles for achieving your health check goals.

Limited offer

For a limited period, members who activate the Vitality Health Tracker will receive one fabric face mask on us.

Fabric face masks from Dis-Chem

- This reward can only be redeemed at selected Dis-Chem stores for the product listed and can only be redeemed once.
- The reward is not transferable; and cannot be deferred or exchanged for cash or any other legal tender.
- The reward cannot be used in conjunction with any other promotion, discount or voucher.
- Each reward can only be redeemed for one Discovery Vitality fabric mask.
- This reward is available as a limited campaign offer, subject to availability, limited quantities apply and subject to availability.
- The reward is not exchangeable for cash or any other legal tender.
- Additional Dis-Chem terms and conditions may apply.
- This reward is available at [selected Dis-Chem Stores located in South Africa](#).
- This reward will be available until 31 July 2020.

The July 2020 R10 000 lucky draw

- Only members who activate the Vitality Health Tracker between 1 July 2020 and 31 July 2020 will be entered into the draw.
- Only one (1) winner will be selected to win the R10 000.
- The winner will be drawn by 14 August 2020 and announced by 20 August 2020.
- The winner will be contacted by phone call and email by 19 August 2020.

Understanding Vitality Active Rewards

What is Vitality Active Rewards?

The Vitality Health Tracker is available through Vitality Active Rewards, a platform that encourages Vitality Health members to improve their health. Vitality Active Rewards helps you take a proactive approach to manage and track your health through personalised health goals available on the Discovery app. The Vitality Health Tracker provides a limited platform for all qualifying Discovery members without a Vitality Health policy to experience how Vitality encourages and rewards healthy living.

What are Vitality Active Rewards health goals?

You will be set a weekly, personalised exercise goal, based on your current health status and physical activity levels. Your goal is dynamic. It adjusts upwards and downwards based on your activity level and goal completion over previous weeks to gradually encourage you to the next level; keep you motivated and engaged at the current level; or ease to a lower level more suitable for your fitness ability.

- To achieve your weekly exercise goal, you need to accumulate a certain number of Vitality fitness points through any of Vitality's fitness partners (these include Virgin Active, Planet Fitness, Myrun and Parkrun), or by using a wearable fitness device or fitness app linked to your profile.

- As you continue to meet your exercise goals, your goal will increase. This is to make sure that you continue to become fitter over the weeks. Each person will reach a cap of points – your goal will not continue to increase indefinitely. Your goal cap is determined by your goal achievement, fitness and health.
- Goals are calculated weekly based on past goal achievement. You can track your progress as you work towards your goal on the Discovery app.
- Goal cycles run from midnight on a Friday until midnight the following Friday. Only events completed in that period count towards the weekly goal.
- You need to complete fitness activities between the Saturday your goal cycle starts and midnight the next Friday. We allow until midnight on the Tuesday following your goal week for your exercise data to reflect. Your locked Discovery Miles may not reflect right away, but as long as you have captured your activity – synced your device or captured any race events – within your goal week and we receive the data before the following Tuesday midnight, your activities will count towards your goal.
- A goal cycle is attributed to the month in which the goal cycle ends. For instance, if a goal cycle starts on Saturday, 25 September and ends on Friday 1 October, the goal cycle will be attributed to October and not September, as the goal cycle ended in October.

What is your health checks goal?

Vitality Active Rewards health goals encourages to you complete your relevant and personalised health checks. You will find your health checks goal on the Discovery app under Vitality Active Rewards OR under Medical aid, tap 'Track your health' then 'Vitality Active Rewards'.

This goal helps you manage your health through completing a clinical checklist of screening and preventive tests based on your age, gender, your unique health profile and your Vitality Health Check outcomes – as well as other diagnostic information. Complete each health check as indicated on the Discovery app to accumulate Discovery Miles. You can find the number of Discovery Miles you will accumulate for completing each health check on the Discovery app. When you upgrade to Vitality Health, you will be able to spend these Discovery Miles on exciting rewards of your choice available on the Discovery app.

The table below lists the number of Miles a member can accumulate for each health check.

	Category	Health check	Number of Miles
	Vitality Health Check	Vitality Health Check (excluding non-smoker's declaration)	40
Health Check module	Vaccinations	Cervical cancer vaccine (all members age 18-25 years only) - females	40
		Cervical cancer vaccine (all members age 18-25 years only) - females	40
		Pneumococcal vaccination (all members age 65+ years only)	40
		HIV	40

Screenings	Faecal Immunochemical Test (FIT) OR Faecal Occult Blood tests (FOBT) (50+ years only) OR Colonoscopy (50+ years only)	40
	Bone mass density test (Women: 65+ years only, and men: 70+ years only)	40
	Mammogram (women aged 40+ years)	40
	Pap smear (women ages 16 to 65 years)	40

After your limit is reached, you will still be able to track your exercise but will no longer accumulate Discovery Miles or plays on the gameboard. You will not be able to redeem your collected Discovery Miles for rewards until you upgrade to [Vitality](#).

Please note: if you do not upgrade to Vitality, the reserved Discovery Miles you accumulated will expire after a rolling 12 month period. Your six ring closes and gameboard plays will renew at the beginning of the year.

If you choose to upgrade to Vitality you will be able to redeem your Discovery Miles for rewards. By upgrading, you will have unlimited weekly opportunities to earn 100 instant Discovery Miles and a play on the gameboard for achieving your personalised exercise and health check goals. You'll earn 100 Discovery Miles and a play on the gameboard for each goal you achieve.

If you have a Vitality Drive or Vitality Money (or both) policy, you will be able to redeem your Discovery Miles for rewards during your first year only. Thereafter you will be able to track your health but will not accumulate any more Discovery Miles. You will still be able to spend the Discovery Miles you earn from closing your Vitality Drive or Vitality Money rings. To earn instant Discovery Miles and remove the six play limit on the gameboard for achieving your exercise goals, you will need to upgrade to Vitality.

What you need to know

If you have not reached the maximum play limit (six plays), you will continue to collect 100 instant Discovery Miles every time you close your exercise ring. You will also earn a play on the game board on Rewards Wednesdays. From the seventh goal onwards, you will not collect Discovery Miles or earn gameboard plays for achieving your exercise goals. If you closed your ring and you upgrade to Vitality before the following rewards Wednesday, you will receive the 100 instant Discovery Miles and will get a play on the gameboard. If you do not upgrade to Vitality, on the first of January every year, your play limits will reset and you can start collecting instant Discovery Miles and plays again.

If your health status is at risk

If you are registered on the Chronic Illness Benefit for diabetes, hypertension, hyperlipidaemia or ischemic heart disease, or a Discovery Health Medical Scheme member with an elevated risk of diabetes, heart disease or certain other chronic conditions, you will be able to accumulate and spend the Discovery Miles you earn from using Vitality Health Tracker and achieving your goals up to limit of six ring closes each year.

From the seventh goal onwards, you will not accumulate Discovery Miles or earn gameboard plays for achieving your exercise goals. If you closed your ring and you upgrade to Vitality Health before the following rewards Wednesday, you will receive the 100 instant Discovery Miles and will get a play on the gameboard. If you do not upgrade to Vitality Health, on the first of January every year, your play limits will reset and you can start accumulating instant Discovery Miles and plays again. If you transition from the Chronic Illness Benefit to Vitality Health Tracker, you will have five years to use your Miles

How your Discovery Miles will work

As Vitality Health Tracker user, you will be able to accumulate Discovery Miles but will not be able to redeem them for rewards until you upgrade to Vitality Health. The Discovery Miles you have accumulated will be reserved for you. If you do not upgrade to Vitality, they will expire after a rolling 12-month period. If you upgrade to Vitality, you will be able to spend the Discovery Miles. These Discovery Miles will expire after five years from the date you upgrade to Vitality.

For example: If you collected 100 Discovery Miles in March 2020, they will expire in February 2021 in the corresponding goal week if you do not upgrade to Vitality.

If you use the Vitality Health Tracker and you also have Vitality Drive or Vitality Money (or both), or you participate in the Condition Management benefit, you will be able to accumulate and redeem your Discovery Miles for rewards. These Discovery Miles will expire after a five-year period.

Once you upgrade to a Vitality Health membership, you will be able to choose to spend or accumulate your Discovery Miles. You can redeem your Discovery Miles for a range of rewards (from coffees and smoothies to gadgets, shopping and holidays). You will also be able to save and accumulate your Discovery Miles for a choice of bigger, better rewards. These Discovery Miles will expire after five years.

Once you reach your six plays limit

Once you have used all your six plays for the year, you will still be able to track your exercise using the Vitality Health Tracker but you will not accumulate Discovery Miles or gameboard plays. Plays will reset on the first of January each year.

From the seventh time you achieve your exercise goal, you will only have access to an additional gameboard play if you upgrade to Vitality within the same play cycle week. Additionally, you will be able to redeem all the Discovery Miles you accumulated for rewards.

Bonus plays

If you have both Vitality Drive and Vitality Money, and you are still within the six play limit, you will receive a bonus play for closing all three rings in the same goal week. This means you will receive 300 instant Discovery Miles and will be able to play the gameboard four times.

Once you reach your sixth exercise goal limit, you will not receive a bonus play from your seventh goal reached onwards if all three rings are closed. If however, you upgrade to Vitality within the play cycle week, you will unlock the instant Discovery Miles for that week and the bonus play.

Example 1: Sibó joins the Vitality Health Tracker on 4 January 2020.

- She closes her fitness ring six times between January 10 and 20 March 2020. Sib0 accumulates 600 locked Discovery Miles for each exercise ring she closed as well as an additional 720 locked Discovery Miles from the gameboard and 80 locked Discovery Miles from her Health Check module.
- Between 21 March and 27 March she closes her exercise ring again (this would be her seventh play).
 - **If Sib0 does not upgrade before midnight on 7 April 2020**, she will forfeit both her instant 100 Discovery Miles and the play on the gameboard. All her other Miles will expire after a rolling 12-month period. On 1 January 2021, she will have six new plays on the gameboard and will also be able to earn locked Miles from her Health Checks module
 - **If Sib0 upgrades before midnight on 7 April 2020**, she will get her Instant 100 Discovery Miles and a play on the gameboard which will need to be played by 14 April. Sib0 will be able to redeem these Discovery Miles for rewards such as smoothies, meals, online shopping and more. These Miles will expire after five years.

Example 2: John joins the Vitality Health Tracker on 4 January 2020. John also has Vitality Money and Vitality Drive.

- He closes his fitness ring six times between January 10 and 20 March 2020. John accumulates 600 Discovery Miles for each exercise ring he closed as well as an additional 540 Discovery Miles from the gameboard and 160 Discovery Miles from his Health Check module. All these Miles are spendable and can be redeemed for rewards.
 - **If John closes all three Vitality Active Rewards rings**, he will get a bonus play on the gameboard. In order to get the bonus play, John would need to have an active Vitality Health Tracker, Vitality Money and Vitality Drive and all three rings need to be closed in the same week.
- Between 21 March and 27 March he closes his exercise ring again (this would be his seventh play).
 - **If John does not upgrade before midnight on 7 April 2020**, he will forfeit both his instant 100 Discovery Miles and the play on the gameboard. All his other Miles will expire after a rolling five-year period. On 1 January 2021, John will still be able to track his exercise and Health Check but will not earn any more Miles from activities done through the Vitality Health Tracker
 - **If John closes all three Vitality Active Rewards rings**, he will not get the bonus play as his six plays have already been used. John will get two plays on the playboard (one from his Vitality Drive ring and one from his Vitality Money ring) on the gameboard. In order to get the bonus play, John would need to upgrade to Vitality by midnight on 7 April 2020.
 - **If John upgrades before midnight on 7 April 2020**, he will get his Instant 100 Discovery Miles and a play on the gameboard which will need to be played by 14 April. John will be able to redeem these Discovery Miles for rewards such as smoothies, meals, online shopping and more. These Miles will expire after five years.
 - **If John closes all three Vitality Active Rewards rings**, he will get a bonus play on the gameboard. In order to get the bonus play, John would need to have an active Vitality Health Tracker, Vitality Money and Vitality Drive and all three rings need to be closed in the same week.

Upgrading to Vitality

You can upgrade to Vitality through the discovery app by scrolling down to Vitality and tapping on 'Upgrade now'. You can also visit www.discovery.co.za, click on 'Vitality' and then on '[Join Vitality today](#)'

If you choose to upgrade to Vitality Health you will be able to redeem the Discovery Miles you accumulated for rewards. By upgrading, you will have unlimited weekly opportunities to earn 100 instant Discovery Miles and a play on the gameboard for achieving your personalised exercise and health check goals for as long as you are part of Vitality. You'll earn 100 Discovery Miles and a play on the gameboard for each goal you achieve.

Vitality is a comprehensive wellness programme that encourages and rewards members to get healthier through powerful incentives, highly personalised health journeys and significant lifestyle rewards. Discovery Vitality is made up of three programmes (Vitality Health, Vitality Drive and Vitality Money) that encourage and reward you for living healthier, driving well and banking well.

Vitality Health members, accumulate Vitality Health points by getting active, eating well, and doing all their health checks. From discounted movies at Ster-Kinekor, cash back on groceries at Pick n Pay or Woolworths, weekly rewards and so much more, they enjoy a variety of rewards at each Vitality Health status level which increases as they get healthier.

If you upgrade to Vitality Health you will be able to redeem your accumulated Discovery Miles for rewards. Additionally, all qualifying screening and prevention, health and fitness activities in the Vitality Health Tracker that you accumulated during the previous year are eligible for Vitality points and they will count towards your Vitality status from the date that your Vitality membership is active once you upgrade (this is the effective date as defined in the [Vitality main rules](#)). Please note that Vitality points and status reset on 1 January every year.

Additionally, all health and fitness activities in the Vitality Health Tracker are eligible for Vitality points and they will count towards your Vitality status from day one.

Your privacy is important to us

To participate in the Vitality Active Rewards programme, you will be asked to agree to certain privacy settings and will be able to control who can see your Vitality Active Rewards profile. Information you can agree to share through the Vitality Active Rewards app includes your name, profile picture, goal achievement 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.

By using the benefit, you agree that Discovery Vitality (Pty) Limited, Vitality's fitness partners and Vitality's rewards partners may share your personal and payment information to administer the benefit effectively.

Sharing of information

By joining the Vitality Health Tracker, you agree to the sharing of your relevant personal information between Discovery Health (Pty) Limited and Discovery Vitality (Pty) Limited, Vitality's fitness partners and Vitality's rewards partners for purposes of administering the benefit effectively.

Ending the Vitality Health Tracker benefit

If you are no longer a Vitality Health Tracker member, your exercise goal, accumulated Discovery Miles and plays and Vitality Health Check Module will no longer be available.

Find out more

Terms, conditions and limits apply. If you have any questions or need more information about this benefit, visit www.discovery.co.za and navigate to Vitality. Alternatively, visit the [Vitality Help page](#) for more information. 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

Keep up to date with the latest news from Vitality: visit www.discovery.co.za, download the Discovery app, and follow Discovery Vitality on social media.