

# Vitality Active Rewards

## Personalised health goals

## Medicine tracker



## Benefit guide

### What is Vitality Active Rewards?

Vitality Active Rewards is an in-app wellness programme that rewards you for living an active and healthy lifestyle. The programme delivers rewards to your smartphone every week after you achieve personalised health goals including your exercise goal. These personalised health goals are clinically informed and will guide you along a specific and progressive health pathway.

### What is Vitality Active Reward Personalised Health Goals?

Vitality Active Rewards now helps you take a proactive approach to manage and track your health through personalised health goals available on the Discovery app. These goals are tailored to your unique health profile and encourage you to manage your health through exercise, completing various screening and preventive tests, and using the medicine tracker goal in the Discovery app to adhere to your approved chronic medicine schedule. When you achieve each of your health goals by living a healthy lifestyle, you earn Vitality reward points to spend on exciting rewards of your choice available on the Discovery app.

You will receive your reward each Wednesday after achieving your personalised health goals.

### What is the medicine tracker goal?

The Vitality Active Rewards programme rewards you for achieving your medicine tracker goal by following your chronic medicine schedule – approved by Discovery Health Medical Scheme. In your Discovery app, the medicine tracker reminds you to collect your medicine from the pharmacy on time and helps you remember to take your medicine as prescribed.

You can activate your medicine tracker goal under Vitality Active Rewards in the Discovery app. Or, you can navigate to “Track your health” and access Vitality Active Rewards to set up your pillbox and medicine reminder schedule for all the approved chronic medicine you are taking. To get started with your goal, you must add all your approved chronic medicine to your in-app pillbox.

To achieve your goal, you must:

1. Record taking your You will earn Vitality reward points each time you complete the above actions and achieve your medicine tracker goal.
2. Fill your chronic medicine scripts at the pharmacy each month according to your doctor's guidelines.

You will earn Vitality reward points each time you complete the above actions and achieve your medicine tracker goal.

## Who can access the medicine tracker health goal?

The medicine tracker health goal is available to Vitality Health members and Discovery Health Medical Scheme members who are at risk of or have been diagnosed with chronic medical conditions relating to diabetes and cardiovascular disease. Members' eligibility for the medicine tracker goal is based on their unique health profile, informed by their Vitality Health Check, medical history and other diagnostic factors.

You need a compatible iOS or Android device to access this benefit in the Discovery app and you need to activate Vitality Active Rewards. Download or update your Discovery app to the latest version.

Members will get rewarded for following and tracking their approved chronic medicine prescription for diabetes and cardiovascular disease. Members can use the in-app medicine tracker to track any other medicine they are taking; however, they will not earn rewards for keeping to the schedule.

## How to activate your medicine tracker goal

To get started, download the latest version of the Discovery app on your Apple or Android mobile device and make sure you can receive notifications via the app.

1. Activate Vitality Active Rewards through the Discovery app OR at Medical aid >> Track your health >> Vitality Active Rewards >> Health goals.
2. Activate the medicine tracker goal on the health goals screen.
3. You'll be prompted to add your medicine to your in-app pillbox when you activate medicine tracker on Vitality Active Rewards.
4. Confirm all the approved chronic medicine you are taking, if applicable.
5. Set up your medicine reminder schedule for the medicine you are taking.
6. Each time you get a reminder on your phone, take your medicine, and make sure you click on the "take" button once you have taken your medication.

Your goal cycle will start from the first Saturday after you activate your medicine tracker goal and add all your approved chronic medicine to your in-app pillbox. You'll be able to view all the chronic medicine you are taking in your pillbox. At the beginning of each week, you can see the total number of medicine doses you should be taking over the coming week for each of your chronic medicine.

## How your medicine tracker goal works and how to earn rewards

- To qualify for rewards, you must add and track all of your approved medicine for diabetes and cardiovascular disease. If you omit one or more of your medicine, you won't be able to earn rewards.
- You'll only earn rewards for medicine you take for diabetes and cardiovascular disease. Look for the special icon in your medicine tracker to see which medicine qualifies for rewards.
- You need to take and track at least 85% of all your medicine each week to earn Vitality reward points.
- You also earn Vitality reward points for collecting your medicine each month.
- If you don't collect your medicine for three months, you'll no longer qualify to earn reward points until you start collecting your medicine again.
- You can change or swap medicine in the medicine tracker.
- The medicine tracker goal is only available to Vitality and Discovery Health Medical Scheme members who are at risk of or have been diagnosed with chronic medical conditions relating to diabetes and cardiovascular disease.

## What you pay

You can activate your personalised health goals on Vitality Active Rewards in the Discovery app at no additional cost, apart from any data costs which apply when you download or update to the latest version of the app. Members can refer to their medical scheme for more information on the cost of their chronic medicine.

## Your privacy is important to us

To participate in your personalised health goals on Vitality Active Rewards, you will be asked to agree to certain privacy settings. Your Discovery app privacy settings can be updated at any time. By using this programme, you agree that Discovery Vitality and Vitality's rewards partners may share your personal and payment information to administer the benefit effectively.





## Find out more

To find out more about this benefit, visit the Help page.

## 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](http://www.discovery.co.za). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules and/or the main rules for Ancillary Vitality Programmes, the relevant main rules will take precedence.

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

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

