

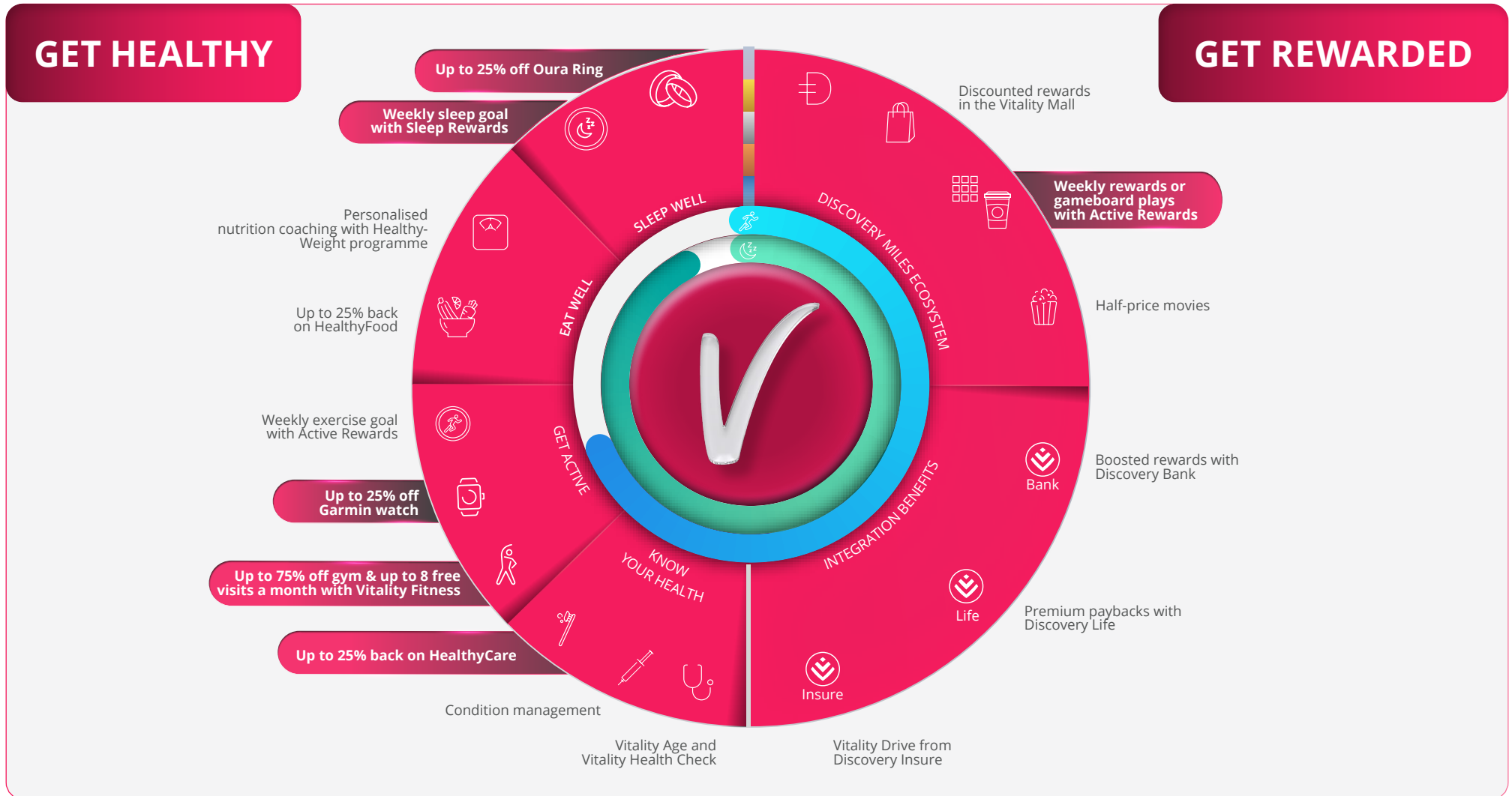


Discovery Vitality 2026

LIVE LIFE WITH VITALITY

Vitality rewards you for knowing and improving your health

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you understand your health, keep track of your progress towards a healthier you, and rewards you for making better choices with a premium range of health, lifestyle and leisure benefits. You can also earn more rewards with our Vitality Money and Vitality Drive programmes.



Earn Vitality points as you get healthier

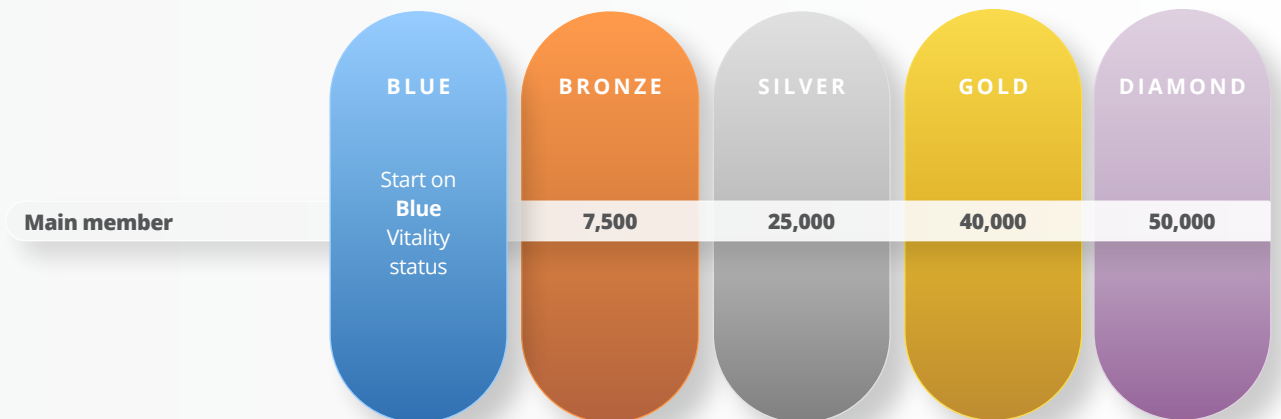
You can earn Vitality points by completing essential health screenings, getting active and eating and sleeping well. Your points accumulate to a Vitality Health status, which is a strong indicator of your health and wellbeing. Plus, your status is the gateway to rich integration benefits with other Discovery products.

KNOW YOUR HEALTH	GET ACTIVE	EAT WELL	SLEEP WELL
<p>Earn up to</p> <h1>25,000</h1> <p>VITALITY POINTS A YEAR</p>	<p>Earn up to</p> <h1>35,000</h1> <p>VITALITY POINTS A YEAR</p>	<p>Earn up to</p> <h1>12,000</h1> <p>VITALITY POINTS A YEAR</p>	<p>Earn up to</p> <h1>6,000</h1> <p>VITALITY POINTS A YEAR</p>
<p>Complete your essential Vitality health screenings, including the Vitality Age assessment, Vitality Health Check and Vitality Mental Wellbeing Assessment.</p>	<p>Exercise in a way that suits you and earn up to 25,000 Vitality points. Plus earn up to 10,000 Vitality points based on your Vitality Cardio Fitness Level.</p>	<p>Buy HealthyFood items at Checkers and Woolworths, and earn Vitality points based on your Vitality HealthyFood Score.</p>	<p>Track, understand and improve your sleep behaviour. Earn Vitality points based on your Vitality Sleep Score.</p>

HOW TO EARN A VITALITY STATUS

Earn Vitality points by getting active, eating well, sleeping well and doing all your health checks. The healthier you get, the higher your Vitality status.

At the start of every year, your Vitality points reset to zero but you still keep the status level that you earned the previous year. This is to help encourage consistent engagement with your health.



How to earn Vitality points

You can earn Vitality points every time you take a step towards knowing and improving your health. All these points accumulate to your Vitality Health status.

Points you can earn as an adult member on the Vitality programme

VITALITY HEALTH CHECK

Do a Vitality Health Check at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, Discovery Store or Discovery Wellness Day.

Your Vitality Health Check includes:

- 01 | Blood pressure
- 02 | Blood glucose
- 03 | Cholesterol
- 04 | Weight assessment
- 05 | Non-smoker's declaration

Earn up to 22,500 Vitality points based on how many of your results are in range and how many of them may indicate a greater risk of developing a lifestyle-related disease.

You're covered for one Vitality Health Check a year from the Screening and Prevention benefit of most medical scheme plans administered by Discovery Health.

ONLINE ASSESSMENTS

- Find out your Vitality Age **1,500 points**
- Complete your Mental Wellbeing Assessment twice a year **500 points per assessment**

NUTRITION

- Buy HealthyFood items at Checkers and Woolworths **up to 12,000 points**
- Visit a dietitian or activate and consult with a HealthyWeight coach **1,000 points**

SLEEP

- Maintain excellent sleep habits **up to 6,000 points**

EXERCISE

- Exercise at a gym or approved fitness facility **up to 100 points**
- Track your exercise with your smart-phone or fitness device **up to 300 points**
- Play a game of padel **100 points**

per day

- Complete a free parkrun **up to 300 points**
- Complete a HYROX event **up to 600 points**
- Participate in a Vitality-timed race event **up to 3,000 points**

per event

IMPROVE YOUR CARDIO FITNESS

Track your VO₂ max and earn up to 10,000 points based on your Vitality Cardio Fitness Level for your age and gender.

VO₂ max indicates the amount (volume) of oxygen your body uses while exercising and is a common tool to understand your fitness level. Your points are based on the average of the last five VO₂ max estimates from your Apple, Garmin or Samsung fitness device or from the results of a Vitality Fitness Assessment if you do not have a fitness device.

VITALITY POINTS FOR EVERY LIFE STAGE









Earn Vitality health points based on your age and gender. Click [here](#) to see tailored points you can earn if you are 65+

OTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender

- | | | | |
|---------------------------|---------------------|---|---------------------|
| Pap smear | 2,500 points | Initial HIV test | 7,500 points |
| Mammogram | 2,500 points | Yearly HIV test after that | 1,000 points |
| Colonoscopy | 2,500 points | Being registered for managing a chronic condition | 2,500 points |
| Dental health check | 1,000 points | Glaucoma screening | 1,000 points |
| Flu vaccine | 1,000 points | | |

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To join Vitality or to find out more about our other Vitality products, visit www.discovery.co.za.

You can also contact your financial adviser or your company's HR representative.

VITALITY ACTIVE RATES

Member | **R159**

Every additional adult | **R159**

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