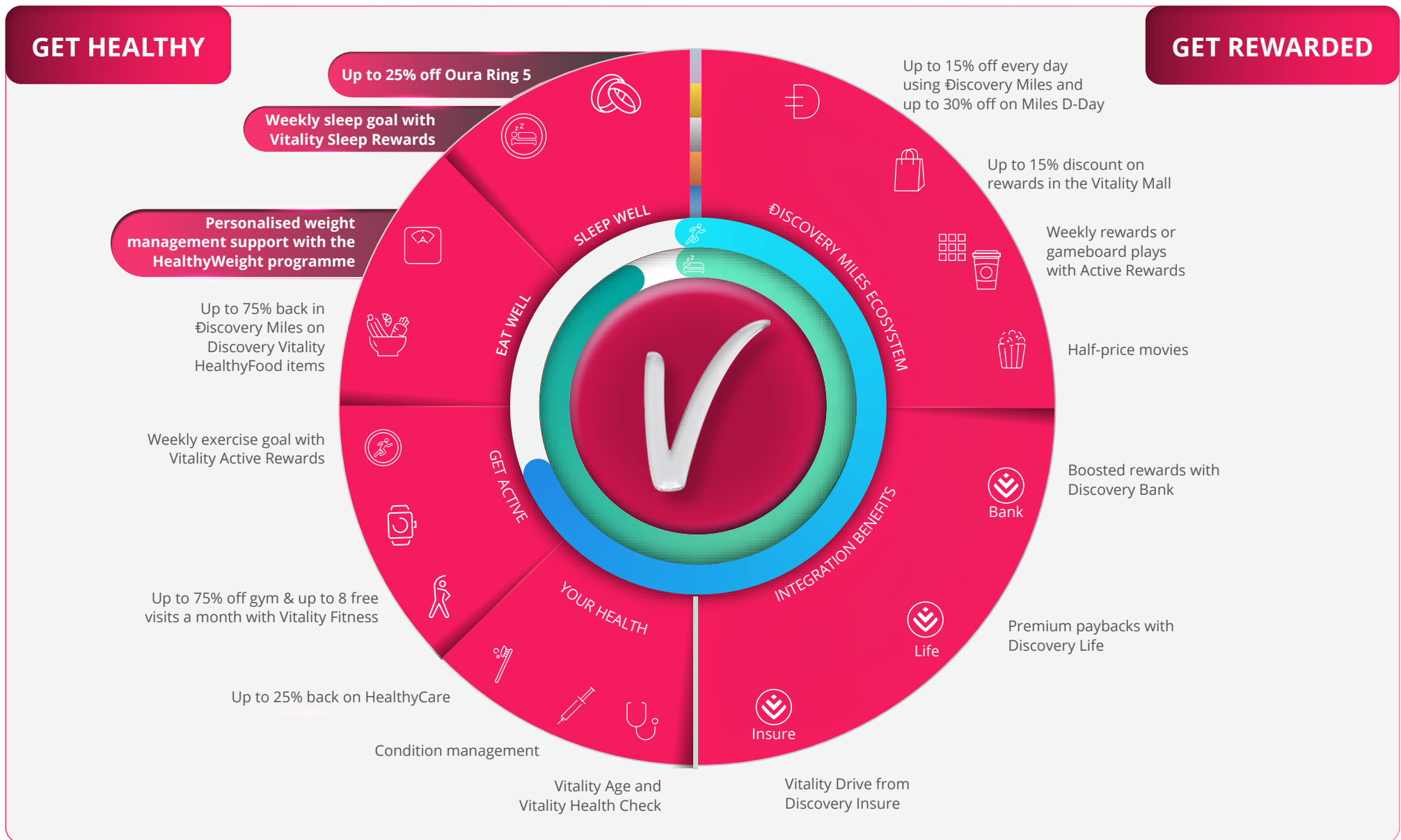




Discovery Vitality Active 2026

LIVE LIFE WITH VITALITY

Your **Vitality Active** programme



Your Vitality Active benefits at a glance

Your dynamic lifestyle rewards are your total Vitality rewards, which consist of your Vitality Health and Vitality Money rewards combined.

	H VITALITY HEALTH REWARDS	M VITALITY MONEY REWARDS	TOTAL VITALITY REWARDS
HealthyFood	Complete your Vitality Age assessment and Vitality Health Check to get 25% back .	Up to 50% back	Up to 75% back
Oura Ring	YOUR DISCOUNT Activate benefit: 10 % Vitality Age and Vitality Health Check: 25 %	Vitality Money activated	Up to 25% off
Gym	Join Virgin Active local club membership	Vitality Money activated	75% off
Vitality Fitness	Browse facilities in the Vitality Fitness Network	Vitality Money activated	Up to 8 free workouts per month based on your Vitality Health status
HealthyCare	-	Up to 25% back	Up to 25% back
Flights	-	Up to 50% off based on your Vitality Money status	Up to 50% off
Accommodation	-	Up to 25% off based on your Vitality Money status	Up to 25% off
Car hire	-	Up to 25% off based on your Vitality Money status	Up to 25% off

Subject to benefit rules and limits.

Your Vitality Active benefits at a glance

Plus, enjoy even more exciting benefits:



50%
2D, 3D and Cinema Nouveau movies. Plus, get 25% off Cine Prestige, NT Live or Imax tickets.



25%
On SA's biggest race events and brand-new premium running and cycling race kit with Team Vitality.



20%
Padel bookings on Playtomic. Plus, book up to 4 weeks in advance.

ENHANCED

Personalised nutrition coaching to reach your goal weight with the **HEALTHYWEIGHT** programme.



Achieve your **Vitality Active Rewards** goals

Play your gameboard on Rewards Wednesday for the chance to reveal thousands of €Discovery Miles every week.



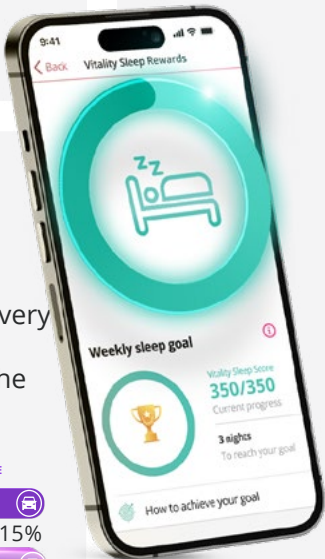
Spend your €Discovery Miles in the **Vitality Mall**

You can spend your €Discovery Miles on exciting rewards of your choice in the Vitality Mall - **from coffees and smoothies to shopping and entertainment rewards every week.**

Spend your €Discovery Miles in the **Discovery Bank app**

You can save up to 15% when using €Discovery Miles for purchases from our online and in-store retail partner stores throughout the month - and up to 30% on Miles €-Day!

	VITALITY MONEY		VITALITY HEALTH		VITALITY DRIVE	
YOUR USUAL DISCOUNT	5%	+	5%	+	5%	= 15%
YOUR MILES €-DAY DOUBLE DISCOUNT	10%	+	10%	+	10%	= 30%



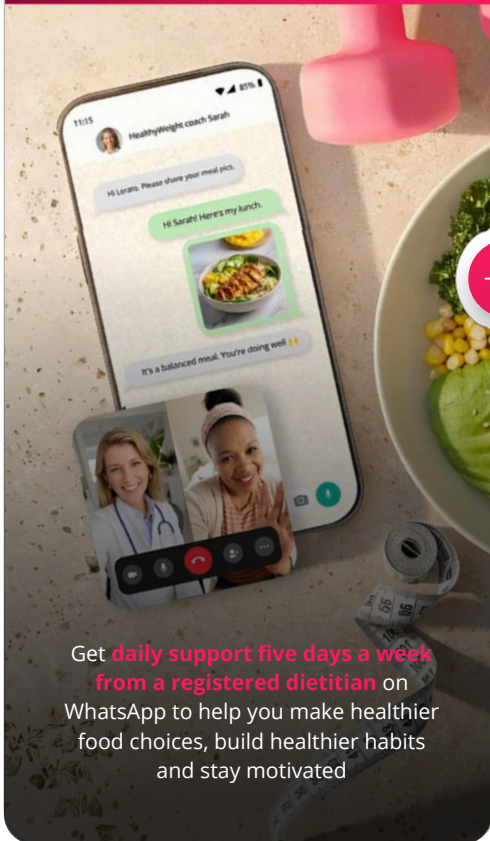
Get rewarded for healthy sleep habits with **Vitality Sleep Rewards**

Vitality Sleep Rewards is here to help you track, understand and improve your sleep. Get rewarded weekly for improving your sleep habits and achieving your personalised weekly sleep goal.

Introducing Vitality's enhanced HealthyWeight programme: **Now with GLP-1 support**

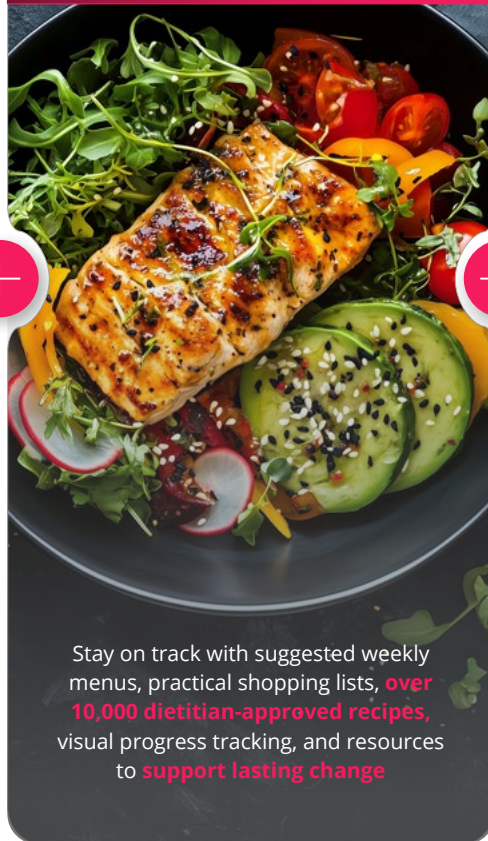
Get holistic weight management support starting from an obligation-free independent assessment to determine the best approach for you to ongoing support at every step of your weight loss journey.

DAILY PERSONALISED COACHING



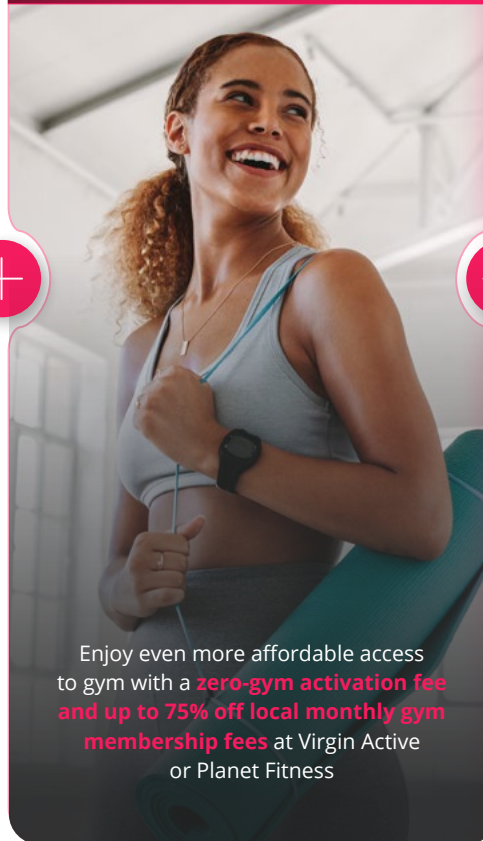
Get **daily support five days a week from a registered dietitian** on WhatsApp to help you make healthier food choices, build healthier habits and stay motivated

CUSTOMISED MEAL PLANS AND RECIPES



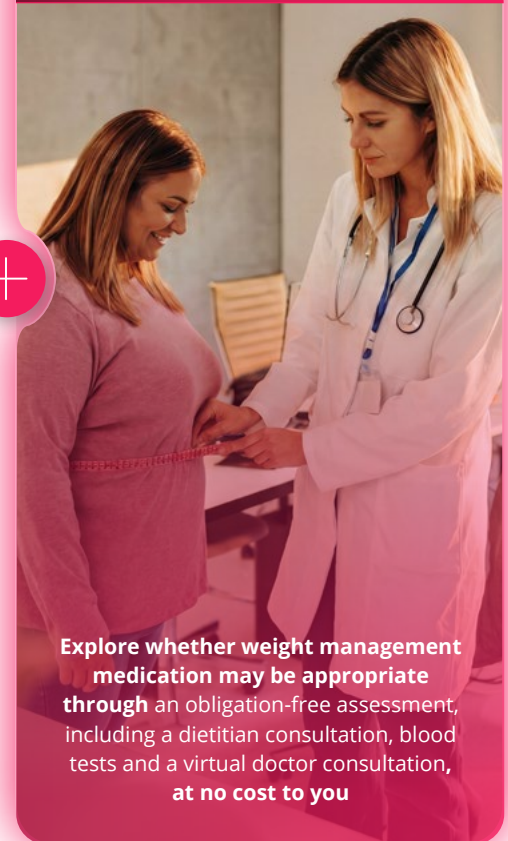
Stay on track with suggested weekly menus, practical shopping lists, **over 10,000 dietitian-approved recipes**, visual progress tracking, and resources to **support lasting change**

ZERO GYM ACTIVATION FEE



Enjoy even more affordable access to gym with a **zero-gym activation fee** and **up to 75% off local monthly gym membership fees** at Virgin Active or Planet Fitness

DOCTOR-LED GLP SUPPORT



Explore whether weight management medication may be appropriate **through** an obligation-free assessment, including a dietitian consultation, blood tests and a virtual doctor consultation, **at no cost to you**

NEW

NEW

HealthyWeight supports lifestyle change. Medical assessment, treatment and prescribing are provided independently by registered healthcare professionals.

Earn Vitality points as you get healthier

You can earn Vitality points by completing essential health screenings, getting active and eating. 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

Earn up to
25,000
VITALITY POINTS A YEAR

Complete your essential Vitality health screenings, including the Vitality Age assessment, Vitality Health Check and Vitality Mental Wellbeing Assessment.

GET ACTIVE

Earn up to
35,000
VITALITY POINTS A YEAR

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.

EAT WELL

Earn up to
12,000
VITALITY POINTS A YEAR

Buy HealthyFood items at Checkers and Woolworths, and earn Vitality points based on the items you purchase.

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.

	BLUE	BRONZE	SILVER	GOLD	DIAMOND
1 adult	Start on Blue Vitality status	7,500	25,000	40,000	50,000
2 adults		15,000	50,000	80,000	100,000
Additional adult dependants		3,750	12,500	20,000	25,000

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 per year through the Screening and Prevention benefit on most medical scheme plans administered by Discovery Health, as well as one Vitality Health Check per year for Vitality Active through Discovery Bank members.

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**

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 is the maximum amount of oxygen your body can use during exercise. It's a common way to measure your overall 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.

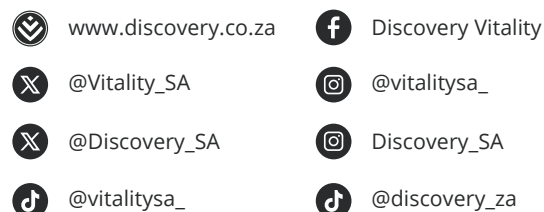
OTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender

- Pap smear **2,500 points**
- Mammogram **2,500 points**
- Colonoscopy **2,500 points**
- Dental health check **1,000 points**
- Flu vaccine **1,000 points**

- Initial HIV test **7,500 points**
- Yearly HIV test after that **1,000 points**
- Being registered for managing a chronic condition **2,500 points**
- Glaucoma screening or vision test **1,000 points**

GET THE LATEST INFORMATION ABOUT VITALITY



DOWNLOAD THE DISCOVERY APP



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. If you have an existing Discovery Bank product, you can **activate Vitality Active through the Discovery Bank app**.

VITALITY ACTIVE THROUGH DISCOVERY HEALTH OR LIFE RATES	Member R159 per month	Every additional adult R159 per month
VITALITY ACTIVE THROUGH DISCOVERY BANK RATES	Single-member plan R159 per month	

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