PERSONAL HEALTHpathways

Discovery Health

How to get started with your **Personal Health Pathway**

01 | Download the Discovery Health app and log in

- Make sure you have the Discovery Health app installed on your device.
- Log in to your profile. You can use the same login details that you use for the website.

GET IT ON Google Play

Download on the App Store

02 | Identify your personalised next best actions

- In the Discovery Health app, go to the Personal Health Pathways section.
- Our onboarding guide will show you how it works.
- Read and accept the terms and conditions to start your Personal Health Pathway.
- You'll get personalised actions to improve your health and wellbeing based on your unique health status.

03 | Review the details of each action

- Your health, exercise and sleep actions are specific to improving your health, so your actions will be different to other people's actions.
- Click each next best action to view detailed guidance and information.
- Actions will be personalised to you and will include activities that you should be doing to improve your health. Examples are booking a Health Check or visiting your primary care provider.

04 | Plan your actions

- Some actions need appointments with your healthcare professional, which means you'll have to plan when and how to complete each action. For example, if your next best action involves a Health Check, make an appointment. For example, if your next best action involves a Health Check, make an appointment.
- Remember, to earn a reward, your action must be completed by the date shown on your next best action card.

05 | Complete your action

- For exercise actions, make sure you track your workouts using compatible fitness devices or apps. **Link your device**.
- For health actions, go for the necessary health assessments and screenings.
- For Sleep actions, make sure you track your sleep using a compatible wearable device such as an Oura Ring , Apple Watch , Garmin wearable device or Samsung wearable device. Soon members will be able to track their sleep with their mobile phone.

06 | Kick-start your health journey with challenges and get rewarded

- Transform your wellbeing with challenges designed to guide, motivate and reward you from the very first step. Each challenge gives you simple, personalised next best actions that make building healthy habits easier and more exciting than ever.

07 | Devices available to complete your challenge

- Blood Pressure Challenge - **IHeath Tracking Device**
- Glucose Challenge – **Roche Accu-Check tracking Device**
- Stay Active Challenge & Get Active Challenge - You'll need a **wearable device or Smartphone App** to participate in a challenge.

08 | Track and check your progress

- Regularly check the Discovery Health app to monitor your progress.
- For each action you complete, the relevant ring will close by a certain amount. Each completed action gets you closer to earning a reward.
- We track the completion of your exercise action based on the data we receive from your linked device. We track your health actions through the related claims we receive.
- We track the completion of your Sleep actions based on the data we receive from your linked wearable device.
- Track key health metrics like blood pressure or glucose to stay ahead of potential risks, or boost your fitness with movement-focused challenges. You'll get clear, in-app guidance on what to do, why it matters and how to track every action. (Some challenges may depend on whether you qualify.)

09 | Get rewarded

- Each time you completely close a ring, you earn a personalised reward.
- Complete your challenge to earn Ðiscovery Miles and boost your Personal Health Fund by up to **R1,500** – just for staying committed to your goals.
- Start your challenge today and turn everyday actions into life-changing results and meaningful rewards.

Activate now!

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