



## Vitality Cardio Fitness Levels

Cardio fitness is a measure of how well your respiratory and circulatory system supplies oxygen to your muscles during sustained periods of physical activity. The most reliable and valid measure of cardio fitness is  $\text{VO}_2$  max. The golden standard to measure  $\text{VO}_2$  max is through an incremental treadmill or cycle test designed to achieve maximal effort. In this test, an individual breathes through a low-resistance valve mask while the exercise intensity increases every few minutes until exhaustion. However, such a direct measurement of  $\text{VO}_2$  max requires expensive equipment and trained personnel.

In 2017 we introduced the Vitality Fitness Assessment (VFA) to help Vitality members like you assess your cardiorespiratory fitness, strength and flexibility.

The Vitality Fitness Assessment will help you understand your current fitness level and highlight fitness components you need to improve or maintain. The fitness assessment caters for all Vitality members from the age of 18 years. The assessment is made up of two parts:

- Part one is a cardiorespiratory fitness test on a Wattbike, treadmill or arm-ergometer.
- Part two is a strength and flexibility assessment consisting of seven functional tests.

Both parts of the assessment combined can give you a well-rounded understanding of your cardiorespiratory fitness and functional strength and flexibility.

When you do the Vitality Fitness Assessment the Biokineticist can provide you with corrective exercises to improve areas of weakness and limited range of movement to help prevent injuries and improve your functionality as well as tips on how to improve your cardio fitness.

### Who may use the Vitality Fitness Assessment

If you are 18 years or older and on an active Vitality membership, you can go for the Vitality Fitness Assessment. You can earn Vitality points for this assessment.

If you have a cardiovascular condition or any other high-risk factors, please get clearance from your doctor before continuing with this assessment.

It is your duty to disclose any medical conditions to the selected biokineticist, and to ensure that you are medically fit and able to complete the Vitality Fitness Assessment.

### Book a Vitality Fitness Assessment

Make an appointment for the assessment with a [biokineticist](#) in the Vitality Wellness Network. You can find the list on [www.discovery.co.za](http://www.discovery.co.za).

### Remember to take the following with you

- Your Discovery membership card
- Your identity document
- Exercise clothes or gear
- An amount of R556.00 which includes VAT. You will pay for the Vitality Fitness Assessment (VFA) upfront.

If you have a Discovery Health plan with a Medical Savings Account and available funds, you can claim this amount back from the Scheme (unless you have a general waiting period).

If you are a Discovery Life policyholder, you will need to pay for the Vitality Fitness Assessment yourself.

### You'll earn Vitality points

As a Vitality member, you can earn up to **10,000 Vitality points for your Vitality Cardio Fitness Level** based on the average of the last five VO<sub>2</sub> max readings from your Apple, Garmin or Samsung fitness device or from the results of the VO<sub>2</sub> max achieved during a Vitality Fitness Assessment. You can earn 1,000 Vitality points for doing the assessment and your Vitality points can be boosted to up to 9,000 based on your Vitality Cardio Fitness Level.

For example, if you earn 4,500 points for a good cardio fitness level from the average of your last five VO<sub>2</sub> max readings on your device and then complete a VFA with the same good fitness level, you won't receive extra points. However, if you improve your Cardio Fitness Level to excellent, you will earn the balance of 2,500 points.

Your Vitality Cardio Fitness Level is based on your VO<sub>2</sub> max reading achieved during the fitness test using normative data for your age and sex.

Norms table link <https://www.discovery.co.za/vitality/vitality-track-vo2-max>

## Earn up to 10,000 Vitality points for your Vitality Cardio Fitness Level



You can complete a follow-up Vitality Fitness Assessment 90 days after your last one to track any improvements in your cardio fitness. We will award points based on the best result in the year and up to 10,000 Vitality points if the second results are better than the first. You will only be awarded additional Vitality points if your assessment is done at least 90 days apart. This allows enough time for you to focus on improving your fitness and overall results. The 90-day rule doesn't apply between Cardio Fitness level achieved from a fitness device and a Vitality Fitness Assessment done at a Biokineticist.

### Important information to remember

We will award you with your Vitality points within seven days of completing your assessment.

- For device readings, we will sync all VO<sub>2</sub> max readings at midnight of the event day and these will show on your Vitality points monitor within 24 hours.
- We will not calculate late events for your VO<sub>2</sub> max device reading average.
- When using multiple devices to get your VO<sub>2</sub> max device average, we will only calculate your VO<sub>2</sub> max device average on one model. For example, five VO<sub>2</sub> max device readings from Apple, five VO<sub>2</sub> max device readings from Samsung or five VO<sub>2</sub> max device readings from Garmin.

If you complete a Vitality Fitness Assessment and obtain five VO<sub>2</sub> max device readings off one device model, we will award you Vitality points for the highest reading or Vitality Cardio Fitness Level achieved.

- To verify your membership, your biokineticist will need to use your ID number, entity number or policy number.
- If you are taking blood-pressure medicine to suppress your heart rate, such as beta-blockers, you will only be able to do the Wattbike test for the cardio component of the assessment. Please check that the biokineticist has a Wattbike when you book your assessment.
- If you have any questions about your results, please contact your biokineticist. We will use your ID number to investigate your query.
- You must complete a consent form before doing the [Vitality Fitness Assessment](#).

By choosing to carry out the Vitality Fitness Assessment and by completing the consent form, you agree to the following:

- Discovery Vitality (Pty) Limited and the biokineticists on the Vitality Wellness Network, who you selected to do the Vitality Fitness Assessment, may process your personal information and assessment results to administer your Vitality membership effectively.
- Discovery Vitality will process your personal information in keeping with the [privacy statement](#) and [Vitality Main Rules](#).

## Ending this benefit

The benefit ends when you no longer have an active Vitality membership.

## Find out more

Find out more about the [Vitality Fitness Assessment benefit](#). You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules, the [Vitality Main Rules](#) and our [privacy statement](#) will apply at all times.

## Stay in touch

Contact us if you have any queries on 0860 99 88 77 or chat to us on WhatsApp. Alternatively, you can chat to a Vitality agent 24/7 through Ask Discovery on the website or Discovery app. Look out for the pink chat icon and tap to start chatting.

Register for [Ask Discovery](#) on WhatsApp. If you have already registered, scan this QR code to start chatting:



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