



Vitality Functional Assessment

We've now introduced the Vitality Functional Assessment to assess certain risks associated with older age, this assessment is exclusive to our members who are 65 or older. This assessment is designed to give members a personalized understanding of their physical function and falls risk.

Fitness is an important aspect for everyone, particularly the ageing population as falls risk increase exponentially with age, with people 65 years and older facing serious injury as a result of falls. Therefore, we've introduced the Vitality Functional Assessment, an 8-part physical assessment that evaluates certain risks associated with older age and is exclusive to our members who are 65 or older.

Who may use this benefit?

All members 65 or older on an active Vitality membership can go for the Vitality Functional Assessment and earn points for this activity.

* Member acknowledges that it is their responsibility to consult with their medical practitioner with respect and to disclose any medical condition, injury, health problems or conditions or medication that may affect their Vitality Functional Assessment. By completing the assessment, member warrants that they are medically fit and able to complete the Vitality Functional Assessment.

It's quick and easy

If you are 65 or older, you can earn 2 500 Vitality points by doing the Vitality Functional Assessment at an accredited biokineticist in the [Vitality Wellness Network](#).

The Vitality Functional Assessment tests for the following:

1. Falls risk assessment: *
 - a. STEADI questionnaire
 - b. 30-second chair stand test
 - c. 4-stage balance test

2. Timed up-and-go test
3. 30-second bicep curl test
4. Two-minute knee-up test
5. Chair sit-and-reach test
6. Shoulder flexibility test

* This assessment is based on material developed by the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, specifically the STEADI 12-question assessment tool (CDC, 2017a).

Rikli RE, Jones. Senior's Fitness Test Manual. Champaign (IL): Human Kinetics; 2001.161p.

After you've completed the Vitality Functional Assessment with a biokineticist, you will get exercises from the biokineticist in order to help you improve your assessment results, you may be referred to a GP if necessary.

Make an appointment

To make an appointment for the assessment you can call a biokineticist listed under the [VitalityWellness Network](#). Remember to take the following with you:

- Your Discovery membership card
- Your identity document
- Comfortable clothes
- An amount of R556.00. You have to pay for the Vitality Functional Assessment 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 Functional Assessment yourself.

A member who does both the Vitality Health Check for 65+ and the Vitality Functional Assessment in the same calendar year will be required to do the Falls Risk Assessment which includes three pre- screening tests in both settings, unless at a Wellness Day where you would do both the Vitality Health Check for 65+ and the Vitality Functional Assessment in the same day.

You'll earn Vitality points

You can earn 2 500 Vitality points for doing the Vitality Functional Assessment at an accredited biokineticist listed under the [Vitality Wellness Network](#).

You can choose to do both the Vitality Fitness Assessment and Vitality Functional Assessment. However, you will only be awarded the base points for one assessment per year, which will be supplemented only by the Vitality Fitness Assessment outcomes-based points. The maximum number of points a member stands to earn in a year from both the Vitality Fitness Assessment and Vitality Functional Assessment are 10 000 points per annum.

You can earn up to 10,000 Vitality points based on your cardio fitness level achieved through the Vitality Fitness Assessment or the average of the last five VO2max readings from your fitness device. The 2500 Vitality points members can earn from the Vitality Functional Assessment also forms part of the 10 000 Vitality points limit. These points will accumulate to the maximum of 30,000 Vitality fitness points for the year. To find out more about the Vitality Fitness Assessment click [here](#).

Example

If a member completes a Vitality Functional Assessment and then does a Vitality Fitness Assessment and achieves level 4 on their Vitality Fitness Assessment. The below results will apply:

- The member will receive the 2,500 base points for completing the Vitality Functional Assessment
- The member will not receive the 2,500 base points for participation of the Vitality Fitness Assessment as it has already been awarded on completion of the Vitality Functional Assessment.

In summary, a member will receive 4,500 points in total.

Important points to remember

- Your Vitality points will be awarded automatically within a week after your assessment.
- You will need to email your Vitality Functional Assessment invoice to claims@discovery.co.za, if you are a Discovery Health member, to claim for payment if you have paid upfront for the assessment.
- Discovery Life members and Discovery Health members who don't want to claim from their Medical Savings Account but want their Vitality points must claim via the "claim points manually" feature on the [Vitality website](#).

If there is an issue regarding the validity of the assessment results, Vitality reserves the right, at its sole discretion, to request that you redo your assessment at an appointed Biokineticist in the VitalityWellness Network. Vitality will pay the amount of R566.00. towards your Vitality Functional Assessment. Vitality further reserves the right to adjust your points based on the new results.

By using the Vitality programme, you agree that Discovery Vitality and Vitality's health partners may process your personal information, including your Vitality Functional Assessment results, only as strictly necessary to administer your selected benefits and your Vitality membership effectively. Your personal information will be processed in line with the [Vitality main rules](#) and the [Privacy statement](#).

Ending the benefit

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

Find out more

Find out more about the full set of Vitality rules [here](#). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules, the [Vitality main rules](#) will apply at all times.

Need help or additional information?

If you have any queries, contact us 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:



If, for any reason, there is a conflict between the rules in this benefit guide and the Vitality Main Rules, the [Vitality Main Rules](#) apply at all times.

Specific limits, terms and conditions apply to each benefit and may change. We will inform you if we make product or benefit changes.

Last updated: December 2024