

Vitality Health Check

Non-communicable diseases are increasingly becoming a global challenge that governments, businesses and communities grapple with. These are diseases of lifestyle that can be largely prevented if poor lifestyle behaviours are changed.

The Vitality Health Check is a range of five screening tests done at an accredited Vitality Wellness Centre or pharmacy and by doctors in the [Vitality Wellness Network](#), a Discovery Store or at a Discovery Wellness Day. It helps you identify possible health concerns early and determine your risk for lifestyle-related chronic illnesses.

The Vitality Health Check is made up of five measures: blood pressure, blood glucose, cholesterol, a weight assessment (which includes weight, height, and waist circumference) and signing a non-smoker's declaration. You can earn up to 22,500 Vitality points depending on how many results are [in range](#).

Vitality 65+ members can choose to do a Vitality Health Check or Vitality Health Check for 65+. Vitality 65+ members who complete the additional assessment in their **VHC for 65+** (falls risk) are awarded 500 Vitality points that can accumulate to the maximum threshold of 22,500 points. The points will be based on the Vitality Health Check limit of 22,500 points, regardless of your results in the additional assessment. [Tap here](#) for more information.

The Virtual Vitality Health Check-in is a telephonic or online consultation with a wellness specialist, designed to:

- Help manage existing health risks
- Potentially identify new health risks
- Recommend ways to improve your health and wellness.

The Virtual Vitality Health Check-in points are awarded the same way as the Vitality Health Check points and depend on the same points rule. This means that you can only earn these points once per calendar year. If you do your Virtual Vitality Health Check-in after completing an in-person Vitality Health Check, you will not get another 2,500 base points. The points will add up to the maximum 22,500 points you can earn for completing an in-person Vitality Health Check.

If you are outside the borders of South Africa and do the equivalent of a Vitality Health Check, you can submit the results to us through [the Discovery website](#) and we will award your points accordingly. To qualify for this, the equivalent screening must consist of essential health screening and preventive tests including:

- Blood pressure
- Blood glucose
- Cholesterol or Lipogram
- Weight assessment or body mass index (BMI)
- Non-smoker's declaration)

These must be done at a medical doctor who is registered to practice in that country. We'll also award points if you have done pathology assessments at a registered pathology lab in that country.

Preparing for the Vitality Health Check

- Avoid eating for four to six hours before your Vitality Health Check if possible. You may, however, drink plain water.
- Wear light-weight gym clothing to get the most accurate measure of weight and waist circumference.
- For the most accurate blood pressure reading:
 - Rest for at least five minutes in a quiet environment
 - Avoid drinking any drinks that contain caffeine, such as coffee or tea
 - Make sure your upper arm is fully exposed and that the blood pressure cuff covers most of the arm.

The points you will earn for doing an HIV test

We allocate Vitality points for HIV screening to encourage first-time screening and to reward management of the condition once diagnosed. This means that you will earn:

- 7,500 Vitality points the first time you go for an HIV test
- 1,000 Vitality points per year if you have previously earned points for doing an HIV test

Other points you will earn

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- You can earn up to 22,500 Vitality points for completing a Vitality Health Check. From 1 January 2024, you'll earn 5,000 Vitality points for doing the assessment and up to 17,500 additional Vitality points based on your results.
 - You'll earn additional Vitality points if you have two or more results in range and no high-risk results.
 - If you have one or more readings considered high-risk results, you'll only earn 5,000 points. For more information about Vitality Health Check ranges, please refer to the table below under the **Earn Vitality points** section.
 - If you take steps to improve your health, you can do another Vitality Health Check after 90 days and earn the remainder of your Vitality points based on your results. This incentivises you to take action to address these modifiable health risks by seeking treatment, changing your lifestyle, or engaging with programmes such as Vitality HealthyWeight, and any of our smoking-cessation partners.

Who may use this benefit?

All Vitality members, 18 years and older, on an active Vitality membership may use this.

(A member can only qualify for this benefit and earn Vitality points from the day of their 18th birthday.)

What you pay

The Vitality Health Check costs R287,50. Members of most medical schemes administered by Discovery Health (Pty) Ltd are covered for one Vitality Health Check a year from the Screening and Prevention benefit – it won't impact your day-to-day benefits. (If you are in a general waiting period, Discovery Health does not cover this.) You should check your plan for benefit details.

If you are a Discovery Life policyholder only, you will need to pay for the Vitality Health Check upfront. This fee applies if:

- You are not part of the Discovery Health Medical Scheme or a scheme that Discovery Health (Pty) Limited administers
- You had the tests done once before in the year
- You have an applicable waiting period or the provider asks for payment upfront.

Get started

Where can you do the Vitality Health Check?

1. At a Discovery Wellness Day.

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2. At an accredited [Vitality Wellness Centre](#) in the Vitality Wellness Network.
3. At a [pharmacy or GP](#) in the Vitality Wellness Network.
4. At a [Discovery Store](#).
5. You can also conveniently [book online](#).

If you do a Vitality Health Check at an accredited Vitality Wellness Centre, pharmacy, doctor, Discovery Store or at a Discovery Wellness Day, your results will be submitted to Vitality automatically.

What you need to take with you

Remember to take the following items with you:

- Your Discovery membership card
- Your identity document
- The fee for the Vitality Health Check – this applies if:
 - You are not part of the Discovery Health Medical Scheme or a scheme that Discovery Health (Pty) Limited administers
 - You had the tests done once before in the year
 - You have an applicable waiting period
 - The provider asks for payment upfront.






(When booking your assessment, please confirm if they require payment upfront.)

Earn Vitality points

The main member, spouse and adult dependants (aged 18 years and older) can do a Vitality Health Check and earn points once a year. You earn Vitality points based on how many of your results are in range, and how many of them may indicate an elevated risk of developing a lifestyle-related disease.

Earn Vitality points depending on how healthy you are






VITALITY POINTS FOR A VITALITY HEALTH CHECK		
In-range results	0 high-risk results	1 or more high-risk results
5	22,500	
4	15,000	5,000
3	10,000	5,000
2	7,500	5,000
1	5,000	5,000

VITALITY HEALTH CHECK RANGES					
Metric	 Blood glucose	 Blood pressure	 Cholesterol*	 Weight Status**	 Smokers Status
In-range	< 7.8mmol/L	< 130/80mmHG	< 5mmol/L	Weight in relation to height 18.5-24.9 kg/m ² OR Weight in relation to height 25-29.9 kg/m ² AND waist circumference of < 94 cm in men and < 80 cm in women	Non-smoker for at least the past 12 months
Intermediate risk	7.8mmol/L ≤ blood glucose < 11mmol/L	130/80mmHg ≤ blood pressure < 160/100mmHg	5mmol/L ≤ total cholesterol < 7.5mmol/L	Weight in relation to height < 18.5 kg/m ² OR Weight in relation to height 25-29.9 kg/m ² AND waist circumference of ≥ 94 cm in men and ≥ 80 cm in women	n/a
High risk	≥11mmol/L	≥ 160/100mmHg	≥ 7.5mmol/L	Weight in relation to height ≥ 30	Smoker

*Where lipogram results and total cholesterol results are available, the better of the two tests will be used. An LDL cholesterol result is in-range if less than 3mmol/L and high-risk if greater than 5mmol/L.

** If a member's waist circumference is less than 80 cm for females and 94 cm for males, a BMI result that is between 25 and 30 will be classified as in-range, and a BMI result of 30 or higher will be classified as intermediate risk.

Where HbA1c results are available, these results will be used instead of blood glucose. An HbA1c result is in-range if less than 6% and high-risk if greater than or equal to 7%.

VITALITY HEALTH CHECK RANGES 65+					
Metric	 Blood glucose	 Blood pressure	 Cholesterol*	 Weight Status**	 Smokers Status
In-range	< 7.8mmol/L	< 140/90mmHg (in range if both systolic and diastolic are below these thresholds)	< 5mmol/L	18.5kg/m ² < =Weight in relation to height < 25kg/m ² OR from 25 to 29.9kg/m ² with waist < 88cm for females/ < 102cm for males	Non-smoker for at least the past 12 months
Intermediate risk	7.8mmol/L ≤ blood glucose < 11mmol/L	140/90mmHg ≤ blood pressure < 159/99mmHg	5mmol/L ≤ total cholesterol < 7.5mmol/L	Weight In relation to height < 18.5kg/m ² OR from 25 to 29.9kg/m ² with waist ≥ 88cm for females/ ≥ 102cm for males OR weight in relation to height ≥ 30kg/m ² with waist < 88cm for females/< 102cm for males	n/a
High risk	≥ 11mmol/L	≥ 160/100mmHg	≥ 7.5mmol/L	≥ 30 kg/m ² with waist ≥ 88cm for females/ ≥ 102cm for males	Smoker

If your results are out of range, you can improve them with lifestyle changes or medicine, and complete the assessment again later in the year. We will award points based on the best result in the year for each metric. You will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.

Note:

1. When all metrics are **in-range** the maximum amount of points that a member can earn is 22,500 Vitality points.
2. You'll earn 5,000 Vitality points for doing the assessment and up to 17,500 additional Vitality points based on your results.

Vitality points if tests are completed as standalone assessments

If you complete standalone assessments, you will earn points as follows:

VITALITY POINTS FOR A VITALITY HEALTH CHECK		
In-range results	0 high-risk results	1 or more high-risk results
5	22,500	
4	15,000	5,000
3	10,000	5,000
2	7,500	5,000
1	5,000	5,000

Vitality reserves the right, at its sole discretion, to request that you redo your Vitality Health Check at an appointed Vitality Wellness Centre, pharmacy or Discovery Store. Vitality will pay the amount of R287,50 towards your Vitality Health Check. Vitality further reserves the right to adjust your points based on the new results.

By completing the Vitality Health Check, you can enjoy up to 25% back on HealthyCare and HealthyFood items. You can also get your maximum upfront discount on sports gear and equipment with Vitality Active Gear. Your applicable rewards percentage is governed by the rules of the respective benefit.

By completing the Vitality Health Check, you agree to the processing of your personal information. You also consent to the pharmacy or doctor on the Vitality Wellness Network sending the Vitality Health Check assessment data through to Vitality to award Vitality points and administer the Vitality membership and benefits effectively.

As a member, you must complete a consent form at pharmacies or doctors on the Vitality Wellness Network, at Discovery Stores or at Wellness Days before doing the assessment.

The WELLTH Fund

Once you (and your family) have done a Vitality Health Check, you will have access to the WELLTH Fund. The WELLTH Fund is designed to cover you for a range of important check-ups and other healthcare services you may want to do after your Vitality Health Check. This benefit is available once all members on the membership have completed a Vitality Health Check. Members who are *Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Terms, conditions and limits apply.*

18 years and older can complete a Vitality Health Check and members who are younger than 18 years can complete the Kids Vitality Health Check or the Kids Vitality Health Review. You do not have to pay for healthcare services that are covered by the WELLTH Fund.

Once everyone on the membership has completed their Vitality Health Check, your WELLTH Fund will be activated.

The Fund covers a range of healthcare services focused on preventive care such as dental check-ups, mental health check-ups, men's and women's health check-ups, and certain medical monitoring devices.

This benefit is offered over and above the services covered by the Screening and Prevention Benefit. [Tap here](#) to get more information on this benefit cover and to view your WELLTH Fund status. WELLTH Fund is brought to you by Discovery Health Medical Scheme, registration number 1125.

Find out more

If you have any questions or need more information about the Vitality Health Check benefit, go to www.discovery.co.za. 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 the [privacy statement](#) will apply at all times. Keep up to date with the latest news from Vitality: visit www.discovery.co.za, download the Discovery app, follow Discovery Vitality on social media.

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