



## **Johno's e-Fitness Faculty (JEFF)**

### **Getting started**

JEFF (Johno's e-Fitness Faculty) is a supportive fitness community of trainers that offer a suite of online fitness classes and nutritional guidance, digitally, so you can enjoy their services, from the safety of your own home.

You'll pay a monthly subscription to sign up to the JEFF fitness programmes and access a host of different types of fitness classes using the JEFF web app. As a Vitality member you qualify for a monthly 25% discount when signing up for the **JEFF Life** fitness programme, and will earn 50 Vitality points by completing 30 minutes or more of online workouts using the JEFF web app.

Please note members on Vitality Active Rewards for Doctors, Vitality Health Tracker, Vitality through Personal Health Pathways, and Condition Management do not qualify for the 25% discount.

### **Earning Vitality points with JEFF**

Vitality members, 18 years and older, with an active Vitality policy can earn 50 Vitality points towards their Vitality status and towards their weekly Vitality Active Rewards goal, by completing 30 minutes or more of online workouts using the JEFF app.

You can earn up to 1 200 Vitality points per month towards your Vitality Status by completing online workouts with JEFF. This monthly points cap is in conjunction with the 1 200 monthly points cap for tracking steps and will be implemented from 01 Jan, 2021.

Points for all fitness activities will accumulate towards the annual member cap.

View the [Vitality points guide](#) for more.

If you have reached any of the Vitality points caps, all additional online workouts with JEFF and step activity will continue to count towards your weekly Vitality Active Rewards goal.

Vitality points will only be awarded for one fitness event a day. If more than one points qualifying fitness activity is completed in a day, points will be awarded for the higher of the two.

Please note, your points can take up to 4 days to reflect. You can track your Vitality points by using the [Vitality Points Tracker](#) on the Discovery website.

### **Linking your JEFF account to Vitality**

When you sign up to a JEFF fitness programme on the JEFF web app you will need to indicate that you are a Vitality member and consent to sharing your data with Vitality in order to earn Vitality points. As a Vitality member, you qualify for a monthly 25% discount when signing up for the **JEFF Life** fitness programme. Your Vitality discount on the JEFF Life fitness programme will be applicable immediately upon signing up.

If you have already signed up to JEFF, update [your profile](#) to indicate that you are a Vitality member and consent to sharing your data with Vitality in order to start earning Vitality points and to get your 25% discount on your JEFF Life membership.

You can find out more about the JEFF membership options on the [JEFF website](#).

### **Third Party Consent**

By activating this benefit, you consent that Discovery Vitality (Pty) Ltd and any third party (JEFF) associated with the benefit may share your personal information and exercise data only to the extent required to administer the benefit effectively.

Please note that the use of this programme may entail leaving Discovery's platform and transacting on a third party (JEFF's) platform. Discovery Vitality makes no representations nor has any supervision or control over the quality, content, reliability or security of the third party platform, nor shall Discovery Vitality be liable for any damages arising from its use. You indemnify Discovery Vitality and the Discovery Group of Companies against claims for such damages accordingly.

### **Ending this benefit**

If your Vitality membership ends, you will no longer earn Vitality points for your workouts with JEFF. However, you can continue to use JEFF in your personal capacity. Additionally, your 25% monthly discount will no longer be applicable.

### Questions unanswered?

Find out more about [fitness devices and apps](#) or visit our [help page](#). You will also find a [full set of Vitality rules](#) here. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality rules, the [Vitality rules](#) will apply at all times.

### Stay in touch

For more information about the benefit visit [www.discovery.co.za](http://www.discovery.co.za) or call 0860 9988 77

Keep up to date with the latest news from Vitality: Download the  Discovery app.

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Not yet a Vitality member? [Join today](#), it only takes in 60 seconds.

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