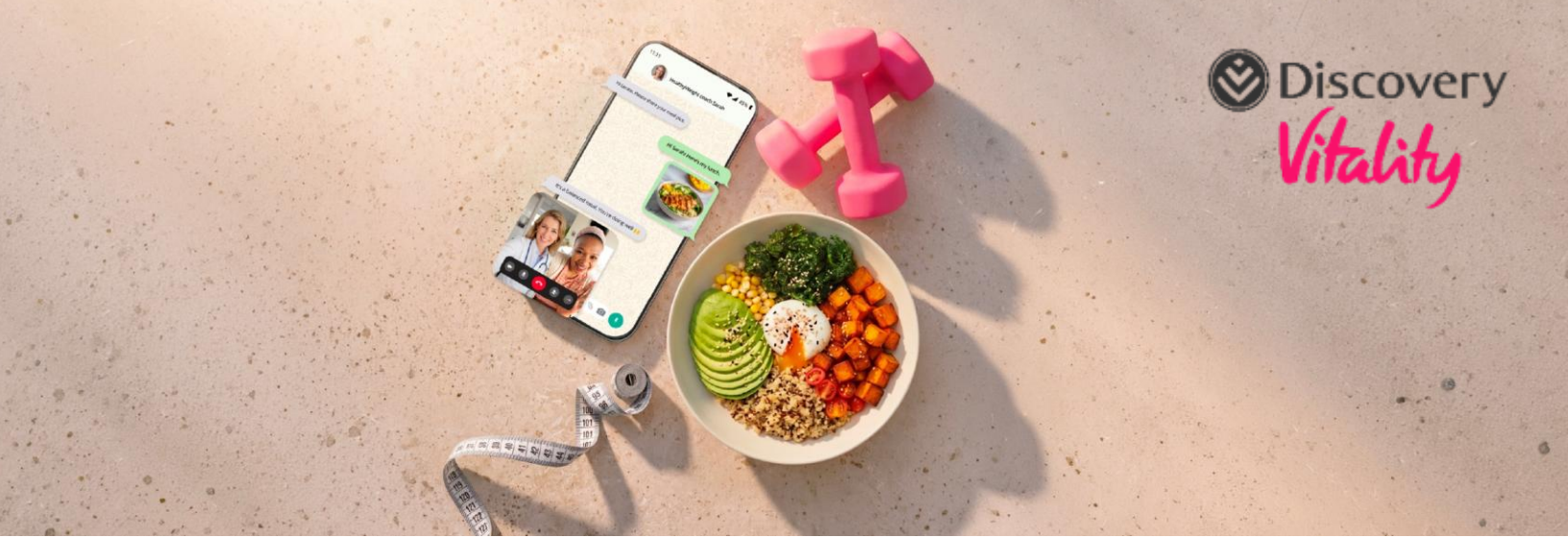




About the HealthyWeight Programme

HealthyWeight helps you reach and maintain a healthier weight in a way that feels personal, practical and achievable. The programme has been designed to support members through their lifestyle, nutrition and behavioural support components of weight management. From food shopping to cooking and meal preparation, members receive daily encouragement and personalised support from their very own nutrition coach, helping them stay on track to achieve their weight-management goals. If you're on Vitality, you can join Virgin Active or Planet Fitness without paying an activation fee and get 75% off your local club monthly fees.

This isn't about numbers on a scale - it's about improving your health, feeling more confident, reducing risks, and building habits that support long-term wellbeing.

HealthyWeight is one programme that supports you across different weight-management journeys through practical, personalised support, with independent medical guidance where clinically appropriate. You may want help building healthier habits with structured nutrition and lifestyle coaching. You may want to understand whether weight-loss medicine could be clinically appropriate for you. Or you may already be taking medicine prescribed by your own doctor and want help tracking your progress, building healthier habits and supporting your treatment.

Terminology

"You", "your" and **"the member"** refers to an eligible active member on or exploring the HealthyWeight programme.

Who can join

To qualify to use the HealthyWeight benefit, you need to be 18 years or older with an active Vitality Health, Vitality Active, or Vitality through Personal Health Pathways member.

Choose the pathway that fits your needs

Whatever you need to manage your weight, HealthyWeight can help you. It is a structured lifestyle and behavioural support programme designed to help you build sustainable habits and achieve your weight-management goals.

You may choose to use this support in different ways, depending on your needs and preferences:

Lifestyle and nutrition coaching

If you would like to focus on building healthier habits, HealthyWeight offers structured nutrition coaching and lifestyle support with practical tools to support sustainable weight management.

Exploring weight-loss medicine

If you would like to get independent medical advice from a registered healthcare professional to determine whether medical treatment options may be appropriate for you.

If eligible, the following will take place:

1. You will be referred to an independent healthcare profession, who will assess your individual circumstances and determine what is clinically appropriate for you.
2. If appropriate, relevant blood tests may be facilitated as part of this process for eligibility purposes.
3. Any clinical decisions, about medical treatment, including prescribed medicine, are made independently by the treating doctor.

Any reference to "the doctor" in these rules means an independent registered medical practitioner to whom eligible members may be referred through the facilitated assessment process. The doctor consults with you independently of the HealthyWeight programme and is solely responsible for determining your clinically appropriate level of care, treatment pathway, prescribing decisions and any other clinical decisions.

Already on weight-loss medicine?

If you are already under the care of your own doctor and receiving medical treatment for weight management, HealthyWeight can support your journey. The HealthyWeight programme offers structured lifestyle and nutrition guidance, helping you build healthier habits, track your progress, and get additional support from a dietitian while continuing with your prescribed treatment.

Regardless of whether you seek medical advice separately, the HealthyWeight subscription covers lifestyle, nutrition and behavioural support only. Clinical services, medicine, pathology tests and follow-up consultations are separate from the HealthyWeight subscription.

What you get on HealthyWeight

As a member on the HealthyWeight Programme, you will:

- Receive one-on-one support from a qualified dietitian, which includes nutrition, lifestyle, meal-planning, accountability and behavioural support, available on WhatsApp 5 days a week. Coaching hours are:
 - Monday to Thursday from 8:00 - to 18:00, and
 - Friday from 8:00 and 17:00.
- Get weekly meal plans tailored to your dietary preferences by your dietitian.
- Receive convenient shopping lists and recipes for delicious meals using simple, affordable

ingredients.

- Have access to over 10,000 HealthyWeight dietitian-approved recipes via the HealthyWeight app.
- Enjoy one-on-one video consultations to tailor your journey.
- Have regular check-ins with your coach where you share updated weight information and measurements.
- Receive R0 gym activation fee for qualifying Vitality plan types (detailed further in these rules).

How the standard programme works

Sign up for just R295 per month for a six-month plan, or R395 per month for a three-month plan. If you are on a medical treatment pathway clinically prescribed by an independent doctor, you must choose the six-month plan to ensure responsible nutrition support. The monthly cost includes VAT.

Once your contracted plan period has ended, you will automatically continue on a month-to-month basis at the same monthly rate. If you decide the programme isn't right for you within your initial contract period, you can cancel with one month's notice.

How to get started on the standard HealthyWeight programme

- Visit [HealthyWeight](#) and log in.
- Select **Join HealthyWeight today** and start the activation steps.
- Select the minimum contract period you would like to subscribe for (three or six months).
- Complete the activation and billing steps.
- Confirm your start date.

If you do not have WhatsApp, download it to start engaging with your HealthyWeight dietitian. You will be contacted on WhatsApp two days ahead of your start date.

You can also activate the programme by downloading the latest version of the Discovery app. Once you've downloaded the app, log in and navigate to the **Rewards** section under **Vitality**. All members over the age of 18 on a Vitality Health or Vitality Active membership may activate the benefit.

The initiator of the activation process will need to agree to the terms and conditions of the benefit. Discovery Vitality, as well as authorised parties involved in the HealthyWeight Programme will securely share your personal details with Best10 to activate the benefit.

These personal details include the name, surname and date of birth of each member selected for activation.

By activating the HealthyWeight Programme, you agree:

1. To the limits, terms and conditions set for this programme.
2. That Discovery Vitality (Pty) Limited, and third parties associated with the programme, may share your personal information to administer the programme effectively. This includes the administrator of the HealthyWeight Programme, JayKayFit (Pty) Limited trading as Best10 (referred to in this document as Best10) and authorised third parties.
3. That if you have been issued a prescription by the doctor, you may consent to the doctor sharing the prescription with the HealthyWeight Programme for coordination purposes.

How the medical pathway works

Weight management can be challenging. Some members may choose to seek medical advice to understand whether additional treatment options may be appropriate. Medicine may only be prescribed by a registered healthcare professional following a clinical assessment. These weight-loss medicines work by helping to regulate appetite and reduce cravings, making lasting weight loss more achievable.

To explore the medicated support pathway, you need to meet the following additional criteria:

- You must complete a Vitality Health Check (VHC) within the past 12 months.
- Your Body Mass Index (BMI) must be 27 or higher (waist-adjusted).
- You must not be pregnant, breastfeeding, or actively trying to conceive.
- You must not have conditions that are contra-indicated for weight-loss medicine.

These criteria come from recognised external clinical guidelines including South African Health Products Regulatory Authority (SAHPRA) guidelines. We (Discovery Vitality) apply these criteria only for programme eligibility purposes, and not for any clinical assessment or decision. Clinical assessments and decisions are the sole responsibility of an appropriate healthcare professional.

We'll guide you through the process with support from your HealthyWeight dietitian at every step. If you're already on weight-loss medicine, or prefer not to explore it, you can skip this and start the HealthyWeight programme straight away. The lifestyle and nutrition coaching of the HealthyWeight Programme is tailored to support your journey with weight-loss medicine.

If you qualify for and choose to explore the medical treatment support pathway, you will also receive the following in addition to the standard programme:

- An obligation-free, no-cost call with a HealthyWeight dietitian to discuss the programme and your options.
- Relevant blood tests at your nearest Ampath lab, covered by Vitality.
- A complementary virtual consultation with a doctor trained in obesity medicine.
- A prescription for weight-loss medicine, as determined by the doctor, if clinically appropriate.
- Supporting recipes, meals and approaches to manage side effects and preserve lean muscle mass if you are on weight-loss medicine.

The cost of the weight-loss medicine is not included in the programme. You will need to pay for the weight-loss medicine, as well as any subsequent doctor visits, related costs, and any additional investigations (such as further pathology) if required by your treating doctor.

Important: Participation in the medicated weight-management journey does not guarantee that you will get a prescription for weight-loss medicine. Your doctor will only prescribe weight-loss medicine if they consider it clinically appropriate for you.

How to get started on the medicated pathway

- Complete a VHC within the last 12 months
- If your BMI is 27 or higher, and you have not met any of the exclusion factors, you can visit [HealthyWeight](#) and log in to submit a request. Vitality will assist with your request.

Note that regardless of the pathway, you will activate the same HealthyWeight Programme.

Step	Description
Step 1: Vitality Health Check	Complete a VHC within the past 12 months with a BMI of 27 or higher. If you have not yet completed a VHC, you will be prompted to do so as the first step. Before exploring medical treatment support, you will be asked some of pre-qualification questions. These help to determine whether the medical treatment pathway is safe and appropriate for you.
Step 2: Dietitian call	Schedule a no-cost, obligation-free call with a HealthyWeight dietitian to learn more about the programme and discuss your options. Your dietitian will guide you through the next steps.
Step 3: Pathology tests	Complete baseline blood tests (HbA1c, TSH, urea creatinine, liver function, lipogram) at your nearest Ampath lab - funded by Vitality. Your dietitian will send you a referral form on WhatsApp.
Step 4: Doctor consult	Book a virtual consultation with a doctor via RecoMed to review your results and determine whether medicine is clinically appropriate. Initial consult funded by Vitality.
Step 5: Activate HealthyWeight	Activate your six-month HealthyWeight plan at R295/month, collect your prescription (if applicable), and begin receiving daily support from your dietitian. If your doctor issues a prescription and you choose to

	continue with HealthyWeight, you may choose to have relevant treatment information shared with your HealthyWeight dietitian to help tailor your nutrition and lifestyle support.
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Pathology tests

Members exploring the medical treatment pathway need to have the following blood tests done:

Test	Purpose
HbA1c	Measures average blood sugar levels over the past two to three months.
Thyroid function (TSH)	Screens for thyroid disorders that may affect weight.
Urea and creatinine	Assesses kidney function.
Liver function test	Assesses liver health.
Lipogram	Measures cholesterol and lipid levels (if not done through the VHC).

Your dietitian will share a pathology referral form on WhatsApp. You won't need to pay for these initial tests, as Vitality funds one set of baseline pathology tests at the start of the assessment process. You must have this completed at your nearest Ampath lab. Your dietitian will share a pathology referral form via WhatsApp.

Prescription schedule

If the doctor determines that weight-loss medicine is clinically appropriate for you, they will guide you based on your clinical needs and treatment plan. You will be responsible for the cost of any weight-loss medicine prescribed by the doctor.

Script and dosage management

- Your dietitian will support you throughout your journey by monitoring your progress, including weight trends, symptoms and treatment adherence, as reported by you. Where relevant and in line with your consent, we may share this information with the doctor involved in the facilitated assessment process to support the doctor's clinical assessment and decision-making.
- The doctor will review your progress, together with information captured through the programme, to determine the most appropriate next steps.
- Depending on your individual circumstances, the doctor may adjust your dosage, issue a repeat prescription, or recommend either a brief check-in consultation or a full follow-up consultation.

Important

- Additional consultations, investigations (for example pathology), ongoing doctor care and any further reviews recommended by your doctor will be for your own account.
- This includes any consultations required during the six-month period, including those relating to

side effects or other treatment concerns.

- Alternatively, you may also choose to transition to your treating doctor for ongoing management.

After 6 months and beyond

The HealthyWeight Programme is not a quick-fix programme. It is designed to support long-term behaviour change and healthier lifestyle habits. We recommend a minimum commitment of 12 months to help build meaningful, lasting habits. Many members choose to continue for ongoing nutrition, lifestyle and behavioural support.

If you are receiving medical treatment for weight management, your doctor may periodically review your progress and determine any appropriate next steps, including prescription or dosage adjustments. Any follow-up consultations will be for your own account.

Your nutrition coaching, monitoring and support continue on a month-to-month basis.

Exclusion criteria (not eligible for medicated support)

You will not be eligible for the medical treatment pathway if any of the following apply:

- You are pregnant, breastfeeding, or actively trying to conceive.
- You have a personal or family history of medullary thyroid carcinoma (MTC) or Multiple Endocrine Neoplasia syndrome type 2 (MEN2).
- You have or have had an active or prior history of pancreatitis.
- You have gastroparesis (delayed gastric emptying).
- You have a known hypersensitivity to ingredients in commonly used weight-loss medicine.

Complex conditions (referred to treating doctor)

If you are being actively treated for any of the following conditions, it is recommended that weight-loss medicine is prescribed through your treating doctor:

- Type 1 diabetes
- Type 2 diabetes, hypertension, or chronic kidney disease
- Cancer
- Gallbladder disease
- Complex polypharmacy (more than 5 chronic medicines)

This also applies if you have a history of:

- Anorexia nervosa or bulimia nervosa
- Bariatric or metabolic surgery

Your treating doctor can guide you according to your specific health needs. You may still activate HealthyWeight without medical treatment support.

These criteria come from recognised external clinical guidelines, including South African Health Products Regulatory Authority (SAHPRA) guidelines. We (Discovery Vitality) apply these criteria only for programme eligibility purposes, and not for any clinical assessment or decision. Clinical assessments and decisions are the sole responsibility of an appropriate healthcare professional.

If you are already on weight-loss medicine

If you are already taking medicine prescribed by your own doctor and want help tracking your progress, building healthier habits and supporting your treatment, HealthyWeight gives you structured dietitian-led support.

If your prescription was issued by a licensed healthcare professional who is actively managing your treatment, AND you collected your medicine from a licensed pharmacy, you can activate the HealthyWeight Programme directly without undergoing the separate clinical eligibility checks referred to earlier in this guide.

If your medicine was not prescribed by a licensed practitioner or collected from a licensed pharmacy, you will be directed through the dietitian call, pathology tests, and doctor consultation in order for the doctor to assess and verify that your medicine and dosage is right for you (see section above).

What you pay

When you sign up for the HealthyWeight Programme, you will be responsible for the fees based on the subscription package that you choose. All billing payments will occur on the day that you sign up for the programme, and the applicable rate will be determined by your plan selection.

Members exploring the medical treatment support pathway are required to subscribe to the 6-month plan. This subscription does not include medicines, ongoing consultations, follow-up pathology or other medical care.

Plan	Monthly Fee (incl. VAT)	Minimum Period	Notes
6-month plan	R295/month	6 (six) months	Required for medical treatment support pathway
3-month plan	R395/month	3 (three) months	Nutrition and lifestyle support only

Discovery Vitality may occasionally run campaigns specific to HealthyWeight. For detailed information on each campaign, including terms and conditions, please refer to the HealthyWeight webpage. We will assign that same billing day in the month to you for future monthly billing.

Once your contracted plan period has ended, you will automatically continue on a month-to-month basis at the same monthly rate. If you decide the programme isn't right for you within your initial contract period, you can cancel with one month's notice.

Payment date

You must pay the subscription fees in advance. Your monthly billing will begin on the day you sign up, and we will assign that same billing day each month for future payments. You explicitly authorise the administrator to continue processing payment against your nominated credit card.

Throughout your applicable subscription period, full monthly payment of the HealthyWeight Programme subscription fee must be made by you to get and keep access to the support programme. You remain responsible for any unpaid subscription fees. If you fail to make payment, we will contact you by email to make the necessary payments.

Payment provider

All fees are paid to the administrator of the HealthyWeight Programme, Best10, by credit card. This is done through Best10's appointed third-party payment gateway, PayFast (Pty) Ltd, which is an approved payment gateway. PayFast uses the strictest form of encryption, namely Secure Socket Layer 3 (SSL3) and no card details are stored on the website. Members may go to www.paygate.co.za to view PayFast's security certificate and security policy. By using PayFast, you agree to their terms of service and any fees that they may charge you.

Maintenance Plan (R99/month)

Members who have completed their minimum contract period may choose to step down to the Maintenance Plan at R99 per month. This plan includes:

- **Monthly coach check-ins:** One optional 20-minute consultation with a HealthyWeight coach per month via WhatsApp (non-rollover).
- **Continued app access:** Ongoing access to the HealthyWeight app.
- **Reduced one-on-one support:** Lower frequency of direct coach engagement compared to the full programme.
- **Meal plan access:** Continued access to assigned meal plans and grocery lists.
- **Recipe database:** Ability to browse and search an expanding library of recipes.
- **Progress tracking:** Access to personal measurements and check-in history.
- **Educational resources:** Weekly articles, videos, and content available via the app dashboard.
- **Ongoing guidance:** Continued support on nutrition, exercise, and lifestyle habits.

Vitality points and the gym activation fee offer

Vitality points

Once in any given calendar year, you are eligible to earn 1,000 Vitality points for one of the following only:

- Engaging with the HealthyWeight Programme
- Consulting with a dietitian on Vitality's network.
- Vitality points are awarded for whichever of these activities occurred first in the calendar year.
- In the event of you not consulting with a dietitian on Vitality's network, your Vitality points will be awarded after you complete your first 4-week check-in with your coach. For this, you will successfully send in your weight information and other body measurements. This first check-in occurs about 4 weeks from the date that you begin the programme.

R0 Gym Activation Fee

HealthyWeight members who do not have an existing Vitality gym contract (at Virgin Active or Planet Fitness) are eligible for a R0 gym membership activation fee. This applies only to the member who has activated HealthyWeight and not to all members on the policy.

Vitality Plan Type	Gym Access
Vitality Premium	Virgin Active Club, Premier/National, or Collection membership or a Planet Fitness Local or National membership - R0 activation fee
Vitality Active	Virgin Active Club membership only - R0 activation fee
Vitality through Personal Health Pathways	Not eligible for Vitality gym benefit

All existing Vitality plan-type Virgin Active or Planet Fitness eligibility and benefit rules still apply. If you cancel your HealthyWeight plan, prior to activation of the gym benefit, the R0 gym activation offer will be removed. You will revert to the standard applicable gym activation fee for your plan type. Visit [Vitality Fitness](#) to learn more.

Cancellations and refunds

Participation in the HealthyWeight Programme is voluntary. You may withdraw from the programme at any time, subject to the applicable cancellation terms of your subscription detailed below.

You may cancel your subscription to the HealthyWeight Programme through the HealthyWeight website or by contacting us on 0860 99 88 77 for further assistance.

If you cancel HealthyWeight, you will no longer have access to the programme's nutrition guidance, lifestyle support, and ongoing weight management tools. If you are using weight-loss medicine, we strongly recommend that you continue seeking advice from your treating doctor to support ongoing management of your treatment.

If you cancel within 7 days of activating HealthyWeight, you will receive a full refund.

Notice Period: Cancellations require a notice period of **one calendar month in advance**.

Applicability: This applies to **all members**, regardless of whether they are within or outside their minimum contract period.

Final payment and membership end date:

- Once the cancellation notice is received, the next successful debit from Best10 will be processed as the final payment.
- Membership will end after the following calendar month.
- Example: If cancellation is requested on **25th February**, the last payment will be the next scheduled debit order (e.g., **3rd March**), with membership ending on **31st March** of the same year.

Refunds: If you cancel within 7 days of activating HealthyWeight, you will receive a full refund.

Important medical, privacy and legal information

Warranties and representations

Where you choose to access a clinical assessment or medical care, through the medicated pathway, you will engage directly with a doctor or other healthcare professional. All clinical decisions, including assessment, prescribing, treatment plans, monitoring and follow-up care, are made solely by that healthcare professional in accordance with their professional and regulatory obligations.

The information provided under the HealthyWeight Programme, which includes nutrition information, is not professional or medical advice and you use that information for your own personal use and at your own risk. You should not disregard, avoid or delay seeking medical advice because of any information provided through the HealthyWeight Programme or related platforms. If you have any health concerns, you should consult your doctor promptly. In the case of a medical emergency, you should seek immediate medical assistance. It is your responsibility to seek medical advice on the effects of the information provided in the services.

Subject to applicable law:

1. We do not provide any guarantee concerning the content or quality of the services under the HealthyWeight Programme. The services are not to be considered as advice of any kind.
2. We do not provide any warranty, either express or implied, or make any representation that the HealthyWeight platform (<http://www.vitalityhealthyweight.co.za> and my.vitalityhealthyweight.co.za) and services will operate error free or without interruption. Or that any errors will be corrected, or that the content is complete, accurate, up to date or fit for a particular purpose.
3. We make no representations to you, either express or implied, and we will have no liability or responsibility for the:
 - a. Proper performance of the HealthyWeight platform and services.
 - b. Information, images or audio contained on the HealthyWeight platform or in the services.

Indemnity

You agree to provide complete, accurate and up-to-date information when participating in the HealthyWeight Programme or any related services. This includes all information relevant to your participation in the programme, any eligibility screening, pathology testing, clinical assessment, consultation, prescribing decision or other healthcare service associated with the programme, including information relating to your medical history, current medical conditions, symptoms, risk factors, medication use and treatment history.

Discovery Vitality, Best10, participating healthcare professionals and other authorised service providers are entitled to rely on the information you provide for purposes of administering the programme, facilitating eligibility assessments and supporting clinical decision-making.

Failure to provide complete, accurate and up-to-date information, or any non-disclosure, omission or misrepresentation by you, may affect your eligibility for certain programme components, the outcome of

any clinical assessment, the appropriateness of any treatment recommended or prescribed, and your safe participation in the programme.

- To the fullest extent permitted by law, you indemnify and hold harmless Discovery Vitality, Discovery Limited, their subsidiaries, affiliates, directors, officers, employees and authorised service providers against any claim, loss, liability, damage, cost, expense, penalty, fine, action, judgment or proceeding arising directly or indirectly from any non-disclosure, omission, concealment or misrepresentation by you.
- This includes any inaccurate, incomplete or outdated information supplied by you, any reliance placed on information supplied by you in connection with eligibility screening, pathology testing, clinical assessments, prescribing decisions or programme participation, or your breach of these terms and conditions.
- This indemnity includes, without limitation, direct, indirect, special, incidental, consequential, exemplary and punitive damages, and all associated legal costs and expenses.

Nothing in these terms limits the independent clinical responsibility of the treating healthcare professional for any clinical assessment, diagnosis, prescribing decision or treatment recommendation.

Ending Vitality

If your Vitality membership ends, you will no longer have access to the HealthyWeight Programme.

Third-party consent

We will use your personal information, including special personal information, to activate, administer and support your participation in the HealthyWeight Programme and any other Vitality benefits that you qualify for. This may include your Vitality membership information, eligibility information, information you provide during onboarding or programme check-ins, weight and measurement information, nutrition and lifestyle information, and, where relevant to the pathway you choose, health, pathology, prescription, medication, treatment and consultation information.

By activating the HealthyWeight Programme or using any pathway available through HealthyWeight, you explicitly consent to Discovery Vitality, Best10, participating dietitians, the doctor, pathology providers and other authorised service providers processing your personal information and special personal information for the purposes set out in these rules, the Vitality Main Rules and Discovery's privacy statement.

This includes sharing relevant information between those parties where reasonably necessary to administer the programme, assess eligibility, facilitate pathology testing, support nutrition and lifestyle coaching, support the doctor's clinical assessment and follow-up decisions, manage programme participation, process billing, provide member support and comply with legal and regulatory obligations, and operate the Vitality Programme.

If you choose the pathway to explore whether weight-loss medicine may be clinically appropriate for you, you consent to relevant screening, pathology, programme check-in and progress information being shared with the doctor for clinical assessment, prescribing, dosage or script review, follow-up recommendations and other clinical decisions made by the doctor.

If you are already on weight-loss medicine and ask HealthyWeight to support you, you consent to sharing relevant prescription, dosage, treatment and progress information with HealthyWeight, Best10 and the HealthyWeight dietitian so that they can provide nutrition, lifestyle, tracking and support services. Where required, you may also be asked to consent to information being shared with a doctor to verify whether your medicine and dosage are appropriate for you.

If you attend a consultation with the doctor, you acknowledge that you enter into a direct doctor-patient relationship with the doctor only. Discovery Vitality, Best10 and the HealthyWeight Programme do not make clinical decisions, prescribe medicine, adjust dosage, diagnose medical conditions or provide medical treatment.

You may withdraw your consent where permitted by law. If you withdraw consent, or do not provide information required for a particular pathway or programme component, we may not be able to activate, administer or continue providing that pathway or component to you.

Discovery Vitality will not ask you to share sensitive information such as passwords. If you need to make any changes to your Vitality membership, you must contact Discovery Vitality directly and not through the HealthyWeight platform.

Acceptance of terms and conditions

By activating the HealthyWeight Programme, you agree to the limits, terms and conditions set out in this document.

Need more information?

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.

Please [tap here](#) to view our frequently asked questions.

Stay in touch

If you have any questions or need more information about Vitality, chat with Ask Discovery on WhatsApp, on the website, or on the Discovery app or website. For real-time assistance with a live Vitality agent, simply open the chat function on Ask Discovery and type 'Hi' to chat to an agent

Alternatively, call 0860 99 88 77 from Monday to Friday between 07:00 and 18:00.

For more information about the benefit, visit www.discovery.co.za. Download the Discovery app, if you haven't already. Follow Discovery Vitality on (@Vitality_SA) and Discovery (DiscoverySA) on Instagram.

August 2026