

Discovery Vitality Oura Ring 5 Vitality sleep confessions competition

By taking part in this competition, you agree to and accept these terms and conditions:

1. The promoter is Discovery Vitality (Pty) Ltd ('Discovery Vitality') also referred to as 'promoters', 'us', 'we', and 'our'.

The competitions and who qualifies:

2. This competition is open to all South Africans that are 18 years or older.
3. The winner must be a main member, spouse, adult dependant or child dependant on Vitality Premium.

How the competition works:

4. The competition will run from 2 September 2026 till 16 September 2026.
5. This competition is exclusive to the Discovery Vitality Facebook and X pages.
6. These requirements are as follows:
 - Visit Vitality on Facebook (@discoveryvitality) or X (@Vitality_SA).
 - Share your sleep confession in the comments section of our giveaway post.
 - Tag someone who needs to share theirs too.
7. Prize details are as follows:
 - There will be two winners who will receive one Oura Ring 5 in Black or Silver finish each.
 - A 12-month Oura Membership is included in the prize.
 - The winner will receive a ring sizing kit first to confirm their Oura Ring 5 size.
8. The prize cannot be exchanged for a different prize or a monetary value.
9. After the 12-month Oura Membership is over, the winners will be responsible to continue paying for the Oura Membership on their own account.
10. The promotor will not be responsible for the refund, replacement, or accept a return solely because a Oura Ring does not fit due to an incorrect size selected/confirmed by the winner.
11. Any activities done before or after the above-mentioned dates will not be considered.
12. Each participant is eligible for a single chance to win, regardless of the number of social media profiles or comments they have made or whether they have commented on each of the Facebook and X post.
13. After the closing date, all eligible participants will be entered into a random draw where two winners will be chosen.
14. The winner will be drawn randomly from the qualifying entries by Vitality. The winners will be contacted through a direct message on Facebook or X requesting their ID numbers. If the selected winner does not provide their details within 2 business days (48 hours), an alternative winner will be chosen.
15. Your entry or participation in the competition may result in you winning a prize; and
 - We do not make any representations or give any guarantees that:
 - Your entry or participation in the competition will result in you winning a prize; and

- A prize, or any aspect thereof, will meet your requirements, preferences or expectations.
- 16. With their written consent, participants may be asked to appear and be identified on the Vitality Facebook or X pages at no cost to them. The selected participants may decline the option of appearing or being mentioned on the Vitality Facebook or X accounts and will not forfeit their prize should they elect to do so.
- 17. We reserve the right to cancel the prize immediately if we discover that the participant has committed fraud or miscommunicated any information.
- 18. The promoters reserve the right to cancel or change the competition rules subject to giving notice ahead of time. If this happens, participants will lose and abandon any rights they may have against the promoters, our affiliates and associated companies to the extent permitted by law.
- 19. The promoters are not legally responsible for any misrepresentation caused due to an unintentional copy error, typing error or omission that may occur in any competition material.
- 20. Any personal data relating to the participants will be used in accordance with the Protection of Personal Information Act 04 of 2013 ("POPI") or comparable legislation or process of materially similar levels of protection.
- 21. Participants in this competition understand and agree that to participate in the competition, the promoters must collect and use personal information about participants. This competition falls under the terms of the [Discovery privacy statement](#) and is done in accordance with the provisions of the Protection of Personal Information Act 4 of 2013. You may write to us at privacy@discovery.co.za should you have any questions or concerns regarding how we will use your personal information.
- 22. Employees of Vitality and Discovery Group are not eligible to enter this competition; this includes individuals who are directors, partners, employees, agents of, or consultants to the Promoters or any of the Discovery Group of companies or any other similarly connected individual.
- 23. Any violation or attempt to violate any of these rules will result in immediate disqualification.
- 24. Participants need to get their own tax advice about any benefit they may get in terms of these rules. The promoters are not responsible for any tax consequences.
- 25. If for any reason, there is a conflict between rules in these terms and conditions and the information published on any promotional material, these terms and conditions will apply at all times.
- 26. Participants in this competition understand and agree that to participate in the competition, the promoters must collect and use personal information about participants. This competition falls under the terms of our privacy statement and Discovery Vitality privacy statement.
- 27. Please read the [Vitality main rules for Discovery Bank clients with Vitality Money](#) and [Vitality main rules](#) for more information.
- 28. Please read the [Oura Ring benefit guide](#) for more information about all Oura Ring terms and conditions.

29. If you have any further questions about our products, please contact your financial adviser. To speak to one of our Discovery Bankers, please call 0800 07 96 97.

Last updated: 2 September 2026