

HealthyFood benefit guide

Vitality Health

Get up to 25% back on hundreds of HealthyFood items

What is the HealthyFood benefit?

Discovery Vitality aims to make healthy eating easier with our HealthyFood benefit. The benefit offers you rewards of **up to 25% back on a range of healthy foods** including vegetables, fruit, starchy foods, lean protein, fat-free dairy products, legumes, healthy fats and oils at **Pick n Pay** and **Woolworths**.

Who this benefit guide applies to:

This benefit guide applies to you if you are a Vitality Health member without any Discovery Bank products.

If you not a Vitality Health member without any Discovery Bank products, please select the correct benefit guide applicable to you from the tab in this link [Vitality product rules | Everything you need to know - Discovery](#).

If you are a Bankmed member on the Balance programme, you will need to log in to your profile on www.balancesa.co.za to view your applicable benefit guide to ensure that you get the most out of your Balance rewards.

Who may use the HealthyFood benefit?

Vitality Health members 18 years or older who are the main membership member or spouse on the membership. These are also the only members who can activate the HealthyFood benefit.

What you pay

You do not pay any fees for the Vitality HealthyFood benefit apart from your monthly Vitality Health contributions.

Your Vitality HealthyFood rewards

As a Vitality Health member with a qualifying Vitality Health product, you can get up to 25% back on HealthyFood items at your preferred HealthyFood partner and up to 10% back at the other partner.

You earn HealthyFood rewards on qualifying purchases when:

- You shop in-store at Pick n Pay or Woolworths
- You shop online at www.pnponline.co.za or www.woolworths.co.za
- You shop using the Pick n Pay or Woolworths apps.

View the [Pick n Pay](#) and [Woolworths](#) HealthyFood catalogues to see the extensive list of HealthyFood items available.

How to activate the HealthyFood benefit

As the main member or spouse of an active Vitality Health membership, you can activate the HealthyFood benefit by following these simple steps:

- Log in to your profile on the Discovery app or website. Navigate to the Vitality section and select **Rewards**. You can complete a quick activation that will activate all your HealthyLiving benefits (HealthyFood, HealthyCare, and HealthyBaby) at once. Alternatively, if you have already activated one of your other HealthyLiving benefits, you can choose to activate the remaining benefits separately at a later stage to start earning rewards if you do not have a partner card at the time of activation.
- Choose either Pick n Pay or Woolworths as your preferred HealthyFood partner. You can earn up to 25% back at your preferred HealthyFood partner and up to 10% back at the other partner. Your preferred HealthyFood partner can only be changed once in a rolling 12-month period. View the rules for changing your selected partner below.
- You will not be able to activate the HealthyFood benefit at Pick n Pay if you do not have a Pick n Pay Smart Shopper card. You can apply for one in-store. Once you have collected the partner card, visit to www.discovery.co.za to link your Pick n Pay Smart

Shopper card to activate the Pick n Pay HealthyFood benefit. Make sure that your ID number is linked to your Pick n Pay Smart Shopper card by visiting www.pnp.co.za:

- Log in to your profile and then click on the **Your Account** drop-down menu and navigate to **My Dashboard** and then **Edit Profile**.
- Make sure that your ID number has been captured under your personal details.
- You will not be able to activate the HealthyFood benefit at Woolworths if you do not have a Woolworths loyalty card (Woolworths **WRewards**, MySchool, MyVillage or MyPlanet card). You can apply for one in-store or [online](#), then activate the HealthyFood benefit at Woolworths on www.discovery.co.za.
- Get a Woolworths MySchool card by visiting www.myschool.co.za and follow these steps to create your profile and link your Woolworths profile to Vitality:
 - Create a profile, add your ID number to your profile and give permission for MySchool to share your personal information with Discovery Vitality Pty Ltd.
 - Contact Woolworths on 0860 02 20 02 and request to have your MySchool card linked to your Woolworths profile.
 - If you have already linked your Woolworths profile to Vitality, you're all set up to be rewarded. If you haven't, [click here](#) to link your Woolworths profile to Vitality to earn HealthyFood rewards.
- To make sure that you receive your rewards, you can contact Woolworths on 0861 50 20 50 to confirm that your Woolworths card has been linked to your Woolworths customer profile under your ID number. If you lose your Woolworths card, call the Woolworths customer care centre on 0860 02 20 02.
- Once you have activated the HealthyFood benefit, you will receive an SMS confirming your activation.
- Make sure that your HealthyFood loyalty card (Vitality HealthyFood card, Pick n Pay Smart Shopper card, Discovery Card, Woolworths **WRewards**, MySchool, MyVillage or MyPlanet card) gets swiped when the sale is processed or you will not get the HealthyFood reward.
- If you have already activated the HealthyFood benefit through your Vitality Health programme and you are using a previously issued and activated Vitality HealthyFood card for your rewards at Pick n Pay, you may continue using the card until it is lost, misplaced, damaged or expired. You will need to get a new Pick n Pay Smart Shopper card thereafter. If you have lost or damaged your Vitality HealthyFood card, you will be required to link your Pick n Pay Smart Shopper card to continue earning HealthyFood rewards at Pick n Pay.

Rules for changing a preferred partner

- You can select Pick n Pay as your preferred partner if you have a Pick n Pay Smart Shopper card. Alternatively, you can select Woolworths as your preferred partner if you have the required Woolworths loyalty card (Woolworths **WR**ewards, MySchool, MyVillage or MyPlanet card).
- If the main member on a Vitality Health membership selects a preferred partner, the same preferred partner will apply to the spouse on the same Vitality Health membership.
- The spouse on the Vitality Health membership can select the preferred partner before the main member does.
- The main member on the Vitality Health membership has the right to override the preferred HealthyFood partner selected by dependants on their membership.
- Once the main member on the Vitality Health membership selects the HealthyFood preferred partner, the spouse, adult dependant or child dependant 18 years or older cannot change the preferred partner thereafter.
- Once you have activated the HealthyFood benefit, only the main member on the Vitality Health membership may change the preferred partner once every rolling 12month period from the date of activation and thereafter from the date of change.

How to earn, increase and qualify for HealthyFood rewards

As a Vitality Health member, your Vitality HealthyFood rewards are based on your engagement with the Vitality Health programme.

Here's how to earn and increase your HealthyFood rewards as a Vitality Health member:

Activate the benefit and select a preferred HealthyFood partner

By activating the HealthyFood benefit, the main member and spouse on the Vitality Health programme will get up to 10% back at both HealthyFood partners, Pick n Pay and Woolworths. Both members need to activate the benefit on their own Vitality profiles to earn rewards.

Engage with Vitality Health to get up to 25% back

To increase your HealthyFood rewards, find out your [Vitality Age](#) online and do a [Vitality Health Check](#) at an accredited pharmacy in the [Vitality Wellness Network](#). The main member and spouse (if applicable) must complete both these health assessments once every rolling 12-month period to earn up to 25% back at their preferred partner through the Vitality Health programme.

Reward with the Vitality Health programme	What to do
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Up to 10% back at both partner stores	Activate the benefit.
Up to 15% back at your preferred partner	If you, as the main member, and your spouse (if applicable) find out your Vitality Age online or do your Vitality Health Check . <i>You can also still get up to 10% back at your other partner.</i>
Up to 25% back at your preferred partner	If you, as the main member, and your spouse (if applicable) find out your Vitality Age online and do your Vitality Health Check at an accredited pharmacy in the Vitality Wellness Network . <i>You also still get up to 10% back at your other partner.</i>

You and your spouse (if applicable) must both complete your Vitality Age assessment online or go for a Vitality Health Check to get up to 15% back at your preferred partner.

You and your spouse (if applicable) **must do both the assessments to increase your reward to up to 25% back** at your preferred partner. If only the main member or spouse completes either of the assessments, the reward percentage will not increase to the next level. Both members will need to complete all the assessments as stated above to increase their rewards. These health assessments must still be applicable on the last day of the calendar month prior to your monthly reward calculation. Your assessments are valid for a 12-month period. View remaining assessment expiry under your HealthyFood benefit information on the Discovery website.

How to earn rewards on your HealthyFood purchases

To earn HealthyFood rewards from the Vitality Health programme, you must present and swipe your Vitality HealthyFood card, Pick n Pay Smart Shopper card or Woolworths loyalty card (Woolworths **WR**ewards, MySchool, MyVillage or MyPlanet card) at the till **before** the cashier rings up your purchases.

Your HealthyFood reward will be paid out into the main member's nominated bank account.

- If you do not present your HealthyFood partner loyalty card, you will not earn any HealthyFood rewards from the Vitality Health programme.
- You will get your HealthyFood reward paid out into the main member's nominated bank account.
- When making purchases on www.pnp.co.za, you will need to ensure that your Pick n Pay Smart Shopper card or your Vitality HealthyFood card is [linked](#) to your Pick n Pay online profile. Your profile will automatically include your details so that on checkout, your Pick n Pay Smart Shopper or your Vitality HealthyFood details will be included in the purchase.

- Remember, if you have migrated from the previous Discovery Card, you need to get a Pick n Pay Smart Shopper card and link it to your HealthyFood benefit in order to have your HealthyFood purchases recognised for purposes of the HealthyFood benefit as your current Discovery Card is no longer your HealthyFood identifier.
- When making purchases on www.woolworths.co.za, you will need to ensure that your Woolworths loyalty card is linked to your Woolworths Food online profile. On checkout, your linked Woolworths loyalty card will be used to apply the necessary rewards.
- When making Woolworths purchases, you will earn Vitality rewards for purchases made through selected third-party apps and online services that are offered directly by Woolworths only. These include Woolworths standard delivery, Click & Collect and Dash Delivery.
- When making Pick n Pay purchases, you will only earn Vitality rewards for purchases made through Pick n Pay online, the Pick n Pay ASAP! app and the Mr D food app. No other online service and third-party apps used to purchase Pick n Pay grocery items, except for those mentioned above, will enable you to earn rewards.
- For all online and app transactions, the collection or delivery date will be the transaction date processed and **not the date which the order was placed**.

The example below explains how online transactions are processed:

On 31st May, you put an order for groceries through a HealthyFood partner. On 1st June, the groceries are delivered or collected. The date Vitality utilises to calculate your reward is the delivery or collection date of the order on 1st June rather than your order date of 31st May, then this will fall in the June calculation period and paid out in July.

Rules about the HealthyFood benefit

- If you allow any other person to use your HealthyFood loyalty cards (Vitality HealthyFood, Pick n Pay Smart Shopper card, Woolworths **WR**ewards, MySchool, MyVillage or MyPlanet card), we reserve the right to cancel your HealthyFood benefit.
- The HealthyFood loyalty cards (Vitality HealthyFood, Pick n Pay Smart Shopper card, Woolworths **WR**ewards, MySchool, MyVillage and MyPlanet card) are not credit, debit or guarantee cards. They are only used for allocating rewards on purchases at the HealthyFood partner stores.
- The Vitality HealthyFood card is and always remains Discovery Vitality's property.
- Please note that the HealthyFood benefit is not available at Pick n Pay Express stores at BP garages.
- Please note that the HealthyFood benefit is not available at Woolworths Foodstop stores at Engen garages.
- These terms and conditions may change at any time.

How much you can get back in rewards each month

Your Vitality HealthyFood monthly reward is based on the following:

- As a single member on a Vitality Health membership, you get rewarded on a maximum of R2,000 a month that you spend on HealthyFood items.
- As a family on a Vitality Health membership, you get rewarded on a maximum of R4,000 a month that you collectively spend on HealthyFood items.
- The Vitality Health main member's HealthyFood spend is always rewarded first, and if this is below the R4,000 limit, then the HealthyFood purchases made by other members on the same Vitality Health membership are included in the reward, according to the following hierarchy:
 - Main members qualifying spend
 - Spouses qualifying spend
 - Adult dependants qualifying spend
 - Child 18 years or older, qualifying spend.
- The Vitality Health members' qualifying spend at the preferred partner on the benefit is always rewarded first, followed by qualifying spend at the other partner on the benefit on a per member basis.
- Your HealthyFood spend that you get rewarded on the Vitality Health programme is limited to the number of Vitality Health points that the membership has for the year to date. Your reward is further subject to our payout rules detailed below.
- All family members on a Vitality Health membership will have their HealthyFood rewards paid to the main member's nominated account and not into the individual accounts of family members.

Earn Vitality Health points for purchasing HealthyFood

- You can earn 20 Vitality points for every HealthyFood item that you buy at Pick n Pay and Woolworths.
- We will deduct 20 points for every unhealthy item that you buy. However, you'll never accumulate a negative point value in a month.
- The least amount of points that you can earn is zero.
- You can earn a maximum of 1,000 Vitality points on your HealthyFood purchases each month, which adds up to a maximum total of 12,000 Vitality points a year per membership.

How we classify HealthyFood items

Healthy foods are minimally processed or whole foods that are nutrient-dense and low in added sugar or salt (sodium) and free from trans fats. When a variety of healthy foods are combined, they create a diet that promotes good health.

Unhealthy foods are highly processed, and high in added sugar or sodium. They are energy dense and nutrient poor and include sweets, chocolates, biscuits, crisps, sugary drinks (including fruit juice), high-fat baked and fried items (e.g. desserts, cakes, and pastries), and other sugary foods (e.g. jams and ice creams), processed meats (cold meats, sausages and bacon), salty snacks and foods (condiments and flavourings such as salted spices and seasoning, stock cubes and powder, soup and gravy powder, high-salt spreads and sauces), pretzels, flavoured corn and popcorn. Unhealthy foods and drinks can be harmful to health if eaten in excess.

Neutral foods still have a place in a healthy diet depending on the portion consumed, one's age, health status and exercise habits. Members are not rewarded or penalised for choosing them and within this category, members are still encouraged to make the healthier choice.

Your reward is based on your Vitality points and your spend

- The reward you get is based on the number of Vitality points that you have as well as the amount that you spend on HealthyFood at the partner stores.
- The starting point for working out your reward is the number of Vitality points that you have.
- To work out your reward, we apply your qualifying discount percentage to your HealthyFood spend in the month.
- The percentage is 10%, 15% or 25%, depending on the health assessments that you have completed.
- As a family, your qualifying spend limit on HealthyFood items a month is R4,000.
- As a single member, your qualifying spend limit on HealthyFood items a month is R2,000.
- Your HealthyFood spend that you get rewarded on is limited to the number of Vitality points that your policy has accumulated for the year to date.
- Your current month's earned reward percentage is the rate at which you will earn rewards on qualifying HealthyFood purchases made in the current calendar month. This allows you to make informed HealthyFood purchase decisions.
- Your current month's earned percentage is based on the validity of your Vitality Health assessments as at the last day of the previous calendar month.
- Your dynamic reward percentage for next month changes throughout the current month based on the completion status of your Vitality Health assessments.

- Your rewards are based on qualifying HealthyFood purchases made during the current calendar month, based on your earned reward percentage and will be allocated to you in the first two weeks of the following month.
- You will be able to see your current month's earned reward percentage in the Discovery app and on the Discovery website.

The example below explains how the reward payout is calculated for a Vitality family that activated the HealthyFood benefit at both Pick n Pay and Woolworths:

- The main member and spouse have both found out their Vitality Age and each completed their Vitality Health Check.
- They chose to get up to 25% back at their preferred HealthyFood partner, Woolworths, and up to 10% back at Pick n Pay.
- The monthly limit that a family membership can spend on HealthyFood and earn rewards on is R4,000, up to the value of their Vitality points available.

	January	February	March
Vitality points they have earned to date	1,000	5,500	9,500
Accumulated year to date	N/A	1,000	4,550
HealthyFood spend on which the reward is based			
Points limit	N/A	4,500	4,950
Spend at Pick n Pay	R600	R2,200	R1,000
Spend at Woolworths	R1,350	R1,350	R1,250
Total qualifying spend	R1,950	R3,550	R2,250
Maximum qualifying spend cap*	4,000	4,000	4,000
Amount that the reward will be based on	R1,000	R3,550	R2,250
Pick n Pay reward	R0	R220	R100
Woolworths reward	R250	R337.50	R312.50
Total reward for the month	R250	R557.50	R412.50

*Please note that there is a Maximum Qualifying Spend limit of R4,000 for family memberships regardless of whether the members Vitality points are above 4000. Where the members have less than 40,00 Vitality points, the Total Qualifying Spend is limited to the Vitality points accumulated depicted in Rands. For example, if the members have 2,000 Vitality points they are limited to a Maximum Qualifying Spend of R2,000.

The example below explains how the reward payout is calculated for a single Vitality member who has activated the HealthyFood benefit at both Pick n Pay and Woolworths

- The member has not yet found out their Vitality Age or completed a Vitality Health Check.
- They still shop at their main HealthyFood partner.
- The member gets 10% back on a maximum of R2,000 spent on HealthyFood a month at both Pick n Pay and Woolworths, up to the value of their Vitality points available.

	January	February	March	April
Number of Vitality points	8,000	8,500	8,700	13,200
Total qualifying spend accumulated over the year to date	R0	R2,000	R2,800	R4,000
HealthyFood spend this month	R2,100	R800	R1,200	R1,200
HealthyFood spend on which the reward is based	R2,000*	R800	R1,200	R1,200
Total rewards for the month	R200	R80	R120	R120

* The member spends more than R2,000 on HealthyFood in January and the reward is worked out only on R2,000, not R2,100.

The example below explains how the reward payout is calculated for a Vitality family that's activated the HealthyFood benefit at both Pick n Pay and Woolworths

- This example is based on a family that shops at their preferred HealthyFood partner.
- Both the main member and spouse have found out their Vitality Age and completed a Vitality Health Check.
- The family gets up to 25% back on a maximum of R4,000 that they spend on HealthyFood a month, up to the value of their Vitality points earned.
- In March, the family's total spend on HealthyFood for the year is R6,000 and they only have a total of 7,000 Vitality points for the year.

	January	February	March	April
Number of Vitality points	5,500	6,375	7,000	17,250
Total qualifying spend accumulated over the year to date	R0	R3,500	R6,000	R7,000
HealthyFood spend this month	R3,500	R2,500	R3,200	R3,600
HealthyFood spend on which the reward is based	R3,500	R2,500	R1,000*	R3,600
Total reward for the month	R875	R625	R250	R900

* They only get their HealthyFood reward on R1,000 and not on the full R3,200 that they spent in March (7,000 points – R6,000 = reward of R250)

- To make sure that they can continue to get rewarded, the main member and spouse both found out their Vitality Age and completed a Vitality Health Check, for which they earned 2,000 Vitality points each.
- This means that they can once again buy and get rewards on HealthyFood in April.

Paying your reward

You tell us where you want your reward to be paid and we will pay it into your chosen bank account.

- Your Vitality HealthyFood rewards are paid out to the main member into their nominated bank account, irrespective of who shops.
- The Vitality Health HealthyFood reward will serve as a refund of the main member's Vitality Health monthly premium up to the full value of the main member's monthly Vitality Health premium amount.
- It is your responsibility, as the main member on the policy, to make sure that the account details that you give to us are correct and valid.
- Your reward calculation is based on the date we receive the transaction file from the partner. This may be different to the date on which you made the purchase.
- If your account details change, please log in to your profile and update your details or call us on 0860 99 88 77.
- If you upgrade to Discovery Bank, your reward will be allocated in Discovery Miles and paid into your Discovery Miles account.

When we pay your HealthyFood rewards

- We pay your HealthyFood rewards monthly
- Your monthly reward cycle has been aligned to a calendar month cycle

- We only pay your reward into your nominated bank account if your monthly reward is above the minimum amount of R50 for the benefit, which would include both your preferred and non-preferred partner
- Starting 1 March 2023, if your reward does not add up to R50 over 2 months, then the first month's amount is written off and the second month's amount transfers to the next period.

For example:

- Month 1: R25 earned is less than R50 so we will not pay the cash back, it rolls over to the next month.
 - Month 2: R25 + R10 = R35 which is still less than R50 so we do not pay the cash back. The R25 from the month before is written off and only the R10 rolls over to the next month.
 - Month 3: R10 + R43 = R53. This is more than R50 so we pay the R53 cash back to you.
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- Should we receive a late transaction (within 12 months from the date of the transaction), we will calculate the late transaction in the month in which we received it. In the late transaction calculation, we will take into account the limits that should have been applied in the month in which the transaction first occurred.
 - We calculate late transactions separately from normal reward calculations (due to timing differences). If the late transactions reward amount and the current reward amount is over R50, we will pay the amount to you. If the current bundle amount (late transaction and any current rewards) is less than R50, we will roll over the late transaction(s) until the reward amount is equal to or more than R50. We will pay the amount to you once it has reached R50.

Late transactions examples:

Example 1:

Month 1 (Feb 2023):

- Rewards earned was R45 (under R50) so it will be rolled over to month 2.
- Late transaction received was R2 (under R50) and will be rolled over.

Month 2 (March 2023):

- Normal rewards earned was R2 (R45 + R2 = R47). We will write off the R45 as it is less than R50.

Month 3 (April 2023):

- Normal rewards earned was R55 plus the R2 from the late event of month 1 + R2 normal reward earned in month 2. As the amount is more than R50, we will pay you the R59.

Example 2:

Month 1 (Feb 2023):

- Rewards earned was R70. The calculation period for the reward earned was from the 5th to the 10th of the month. We will pay you the R70.
- Late transaction received was R50. The calculation period for the late transaction was from the 11th to the 15th of the month. We will pay you the R50.
- The reward we hold back does not earn interest.
- This minimum amount may change at any time. However, we will let you know before we make any change to the amount.
- For reward queries, please call Vitality on 0860 99 88 77.

How to query your reward:

You need to keep your valid receipts for 60 (sixty) working days after purchase:

- In case you have a query related to your reward
- To verify your purchases
- To award the appropriate rewards for your quality purchases.

The following would invalidate your receipt, and do not qualify you for rewards:

- Receipts that have been altered, photoshopped or photocopied
- Receipts created by a partner employee for purchases you did not buy
- Blank images with no receipts in view
- Receipts that are unclear or have blurry images
- Receipts that are missing information, such as the partner's name and loyalty card number. We require a full receipt with all information (no information must be cut off or missing from the receipt)
- Receipts submitted for the incorrect partner. This is when the receipt you submit does not match the selected partner or is not from a partner associated with the benefit
- We will not accept a bank statement in place of a receipt.

The HealthyFood products that qualify for rewards

- Refer to the [Pick n Pay](#) and [Woolworths](#) HealthyFood catalogues for a full list of HealthyFood items.
- Products listed in these catalogues can change at any time.
- Look out for the Vitality HealthyFood stamp on shelf labels in-store to identify HealthyFood items.
- All HealthyFood items are identified as "VIT" or "V" on your till slips.

- Discovery Vitality bases its HealthyFood principles on the most current policies and guidelines from local and international bodies.
- Discovery Vitality recognises that there is always new scientific evidence being reviewed and we make sure that health promotion policies align with the latest guidelines.
- We follow these recommendations when setting criteria for foods that are part of the Pick n Pay and Woolworths HealthyFood catalogue.
- The approved products represent the healthiest options within each food group and, when taken in the required quantities, all form part of a healthy, balanced diet.
- The product selection process for the HealthyFood benefit is constantly under review and subject to change, taking into account scientific and industry developments.
- Products listed in the online catalogues are subject to seasonal and supplier availability and may only be available at certain Pick n Pay and Woolworths stores.
- The HealthyFood benefit is for personal household use only.

Note: The HealthyFood items identified on the HealthyFood Catalogue shall at all times supersede what is stated on the in-store shelf labels and on your till slips.

Tax on rewards

- You might have a duty to pay tax on the rewards that you earn.
- It is your responsibility to speak to a tax practitioner to get advice in this regard.
- We are not responsible for any consequences if you fail to ask a tax practitioner for advice or if you fail to pay the applicable tax.

Ending this benefit

If your Vitality Health membership ends or you downgrade to a Vitality Health membership that does not qualify for the HealthyFood benefit, you will no longer have access to the HealthyFood benefit. You will forfeit any rewards in the month prior to you ending your benefit.

Accepting benefit terms and conditions

By activating the Vitality Health HealthyFood benefit, you agree to the limits, terms and conditions set out in this benefit guide.

Third-party consent when activating any Vitality benefit

By activating this benefit you further consent that Discovery Vitality (Pty) Limited, their authorised partner network and third parties (Pick n Pay and Woolworths) associated with the benefit may share your payment and personal information (including ID number) as well as total transaction data, in accordance

with the Discovery Vitality Main Rules and will be used for purposes of administering the benefit and to further consider developments to the HealthyFood benefit based on such purchase data.

Stay in touch

If you have any questions or need more information about the Vitality HealthyFood benefit, visit the [Vitality HealthyFood Help page](#) or use our Ask Discovery chat bot on [WhatsApp](#), the Discovery App, or [website](#).

Still haven't found what you're looking for?

Use Vitality 24/7 to chat to a live agent at any time of the day through Ask Discovery. Once in the chat function, type *chat to an agent* to get real-time assistance.

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

Keep up to date with the latest news from Vitality

Download the  Discovery app, follow Discovery Vitality on   (@Discovery_SA) and  (DiscoverySA).

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

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