



Get healthy
Get rewarded

2016

DISCOVERY VITALITY

GET HEALTHY. GET REWARDED.








Contents



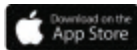

- 04 | Great reasons to join Vitality
- 05 | How Vitality works
- 06 | Your Vitality journey
- 08 | Vitality Active Rewards with Apple Watch
- 09 | Earn your weekly Vitality Active Rewards
- 10 | Get Healthy
 - | Preventive Care and Screening
 - | Eat Healthy
 - | Get Active
- 14 | Healthy Vitality Families
- 16 | Get Rewarded
- 18 | Discovery Card

Discovery Vitality

Vitality is the wellness programme that facilitates, encourages and rewards you for getting healthier. Not only is a healthy lifestyle more enjoyable, it has been proven that Vitality members live longer and are less likely to develop lifestyle-related chronic illnesses. So join Vitality today and start the journey to a healthier you and a more rewarding lifestyle!

Get the latest information about Vitality on:

- Website  www.discovery.co.za
- Facebook  Discovery Vitality
- Twitter  @Discovery_SA
 @TeamVitalitySA
- Instagram  Discovery_SA
- YouTube  DiscoverySA
- Pinterest  VitalitySA

- Apps  Discovery App
-  HealthyFood Switch App
-  

To join Vitality or to find out more, visit www.discovery.co.za or call 0860 99 88 77. You can also contact your financial adviser or your company's HR representative.

To apply for a Discovery Card, visit www.discovery.co.za or call 0860 11 22 73.

Discovery Vitality

Member | R199

Member + 1 | R239

Member + 2 or more | R269

Great reasons to join Vitality

Get up to **25%** cash back on thousands of HealthyLiving items

Pick n Pay **WOOLWORTHS**

CLICKS
feel good pay less

Dis-Chem
Pharmacists who care

Sportsmans Warehouse

TOTALSPORTS

Get up to **100%** off your monthly gym fees



Get up to **100%** off local flights (base fare), up to **35%** off international flights (base fare) and up to **50%** savings on holiday accommodation

BRITISH AIRWAYS



kulula.com

QANTAS

Watch discounted movies, and kids can watch for free before 7pm



Get rewarded for being active with free coffee and smoothies



Earn an Apple Watch by being active



With Vitality Baby, get up to **25%** cash back on nappies and access to the most comprehensive baby programme



Join Team Vitality, South Africa's biggest running and cycling club, and get up to **50%** cash back on races

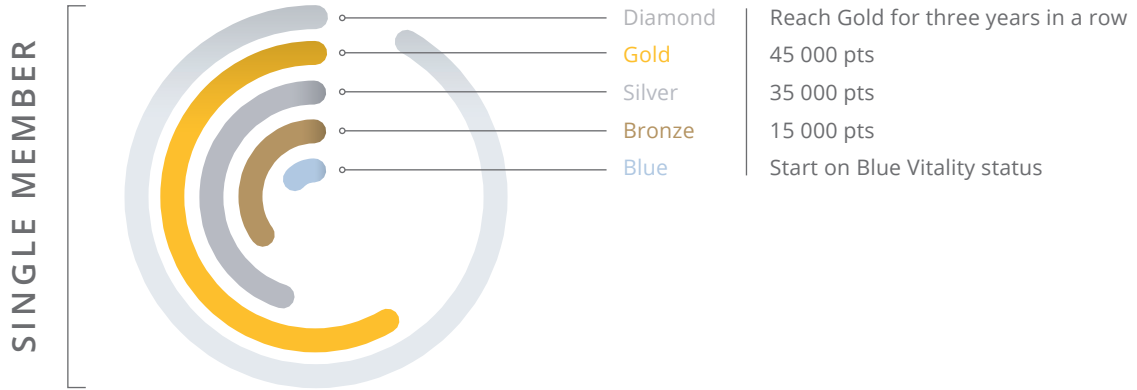


Get rewarded every time you use your Discovery Card and enjoy boosted rewards in our partner networks



How Vitality works

Engage in Vitality to improve your health and earn Vitality points.
The more points you earn, the higher your status and the greater your rewards.



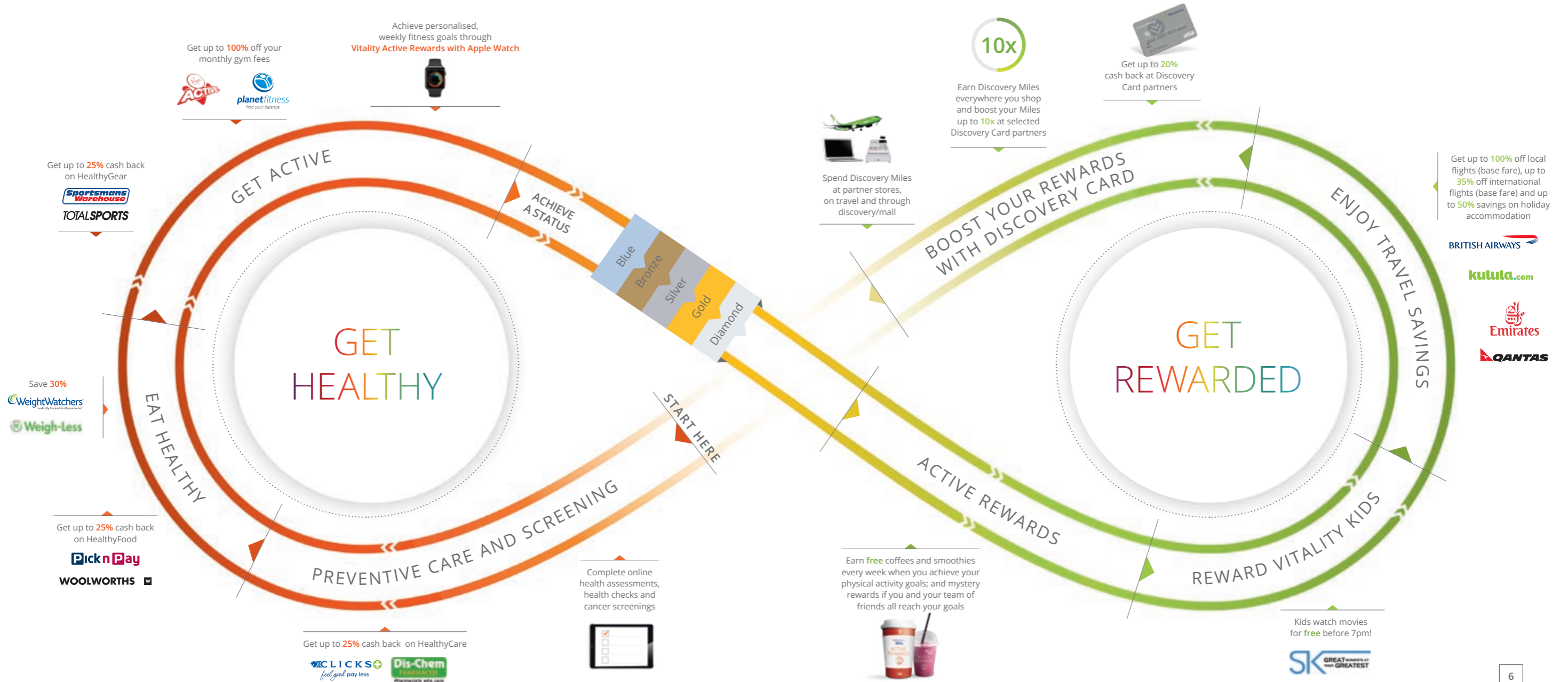
	Blue	Bronze	Silver	Gold	Diamond
Main member + 1	You start on Blue Vitality status	30 000	70 000	90 000	Reach Gold Vitality status for three years in a row to get to Diamond Vitality status
Main member + 2		40 000	90 000	120 000	

For each additional member aged 18 years and older, add: 10 000 (Bronze), 20 000 (Silver), 30 000 (Gold).

Getting to GOLD Vitality Status is easy!



Your Vitality Journey



ACTIVE planetfitness



10x



Validity Active Rewards with Apple Watch

Get Active



Track your fitness activity on an Apple Watch, which can be ordered on www.discovery.co.za.

Achieve your goals



Your Apple Watch will help you achieve your weekly Validity Active Rewards goal by tracking your daily activity, which will earn you Validity fitness points.

Get Rewarded



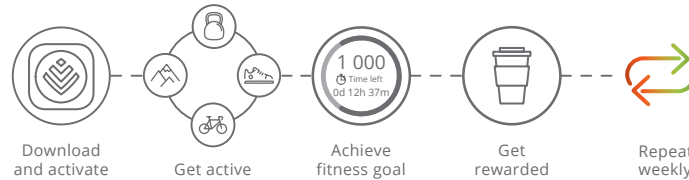
Achieve your Validity Active Rewards goals to receive weekly Active Rewards and earn your Apple Watch.

For more information go to
www.discovery.co.za

Earn your weekly Vitality Active Rewards

All Vitality members can earn Vitality Active Rewards. Vitality Active Rewards recommends and measures personalised weekly fitness goals for you, adjusting them automatically based on your activity levels. Get weekly rewards when you achieve your goals. Invite your friends to join and earn additional rewards when you reach your goals together.

Engaging in Active Rewards is simple:

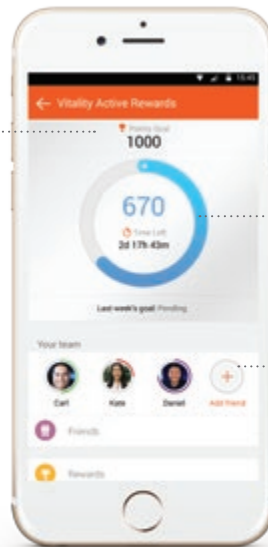


Get active

Vitality Active Rewards sets clinically-sound and highly personalised weekly goals for you based on your health risks and exercise history.

These goals will guide you along a specific exercise pathway, and will adjust according to your progress.

Weekly goals are expressed as a number of Vitality fitness points to be earned in a week, so you can earn them through Vitality's suite of fitness partners or by tracking your activity with a wearable device.



Earn weekly rewards

Vitality Active Rewards gives you a free drink for achieving your personalised physical activity goal for that week.



Earn team rewards

Earn additional rewards when you and three or more of your friends achieve your goals in the same week.

Boost your Vitality benefits with Active Rewards

Save up to 100% on your monthly gym fees and on local flights (base fare) by achieving all your weekly fitness goals.



Get Healthy

Preventive Care and Screening

SHOP FOR PERSONAL CARE PRODUCTS

Get up to **25%** cash back on thousands of **HealthyCare** products at either



Activate online: **10%**

Find out your Vitality Age: **15%**

Do a Vitality Health Check: **25%**

LEARN ABOUT YOUR HEALTH

Complete online assessments at discovery.co.za:

- Find out your Vitality Age **2 000 pts**
- Online Fitness Assessment **1 000 pts**
- Mental Wellbeing Assessment **2 500 pts**

Do a Vitality Health Check at an accredited Vitality Wellness Centre, pharmacy or at a Discovery Wellness Day:

- Blood pressure **500 pts**
- Blood glucose **500 pts**
- Cholesterol **500 pts**
- Weight assessment **500 pts**

For each result, points are boosted to 3 000 if your results are in the healthy range.

One Vitality Health Check a year is paid from the Screening and Prevention Benefit of a medical scheme plan administered by Discovery Health (Pty) Ltd.

Do further health checks at a GP or specialist and earn Vitality points based on your age and gender:

- Pap smear **2 500 pts**
- Mammogram **2 500 pts**
- Colonoscopy **2 500 pts**
- Glaucoma screening **2 500 pts**
- HIV test **5 000 pts**
- Dental Health Check **2 000 pts**

Stop smoking:



- Save **80%** at **Allen Carr's Easyway To Stop Smoking**
- Complete a non-smoker's declaration **5 000 pts**

Follow a Personal Health Programme to help you manage your health **up to 20 000 pts**

HealthyCare cash back is converted into store loyalty points and paid into your Clicks Clubcard or Dis-Chem HealthyCare card.

Get Healthy

Eat Healthy

FILL YOUR BASKET WITH HEALTHY FOOD

Get up to **25%** cash back on thousands of **HealthyFood** items at either **Pick n Pay** or **WOOLWORTHS**

Activate online: **10%**

Find out your Vitality Age: **15%**

Do a Vitality Health Check: **25%**

CHOOSE TO EAT HEALTHY

Learn about healthier eating during a **Vitality Nutrition Consultation** with a dietitian in the Vitality Wellness Network

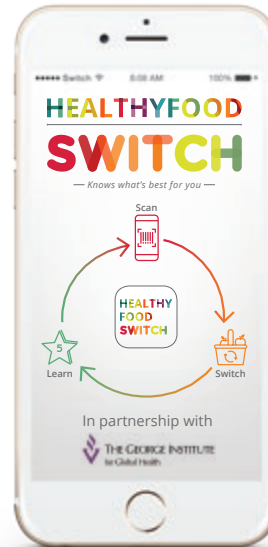


Save **30%** at



Have a weight assessment	500 pts
Weekly weigh-in	150 pts
Achieve your goal weight	2 500 pts
Buy HealthyFood	up to 12 000 pts

Points are allocated for one weight assessment a year.



The **HealthyFood Switch app** offers easy-to-understand information about the packaged food products you buy. It encourages better choices by telling you about healthier alternatives.

Download this FREE app and start scanning



Get Healthy

Get Active

CHOOSE FROM A RANGE OF SPORTS GEAR

Get up to **25%** cash back on thousands of **HealthyGear** items at either



TOTALSPORTS

Activate online: **10%**

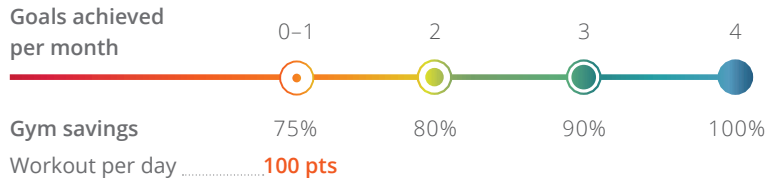
Complete an Online Fitness Assessment: **15%**

Do a Vitality Fitness Assessment: **25%**

GET ACTIVE IN A WAY THAT SUITS YOU

Vitality gym benefit

Save up to **75%** on your monthly gym fees.
Boost your savings up to **100%** with Vitality Active Rewards.



Fitness devices

Get up to **25%** cash back on a selected range of health and fitness devices with your HealthyGear or HealthyCare benefit.

You can use your fitness device or app linked to Vitality to earn Vitality points.

Workout per day
.....**50 pts to 3 000 pts,**
depending on your activity

Vitality Fit

Get **25%** cash back at Adventure Boot Camp, selected CrossFit affiliates and S.W.E.A.T. 1000.
Workout per day.....**300 pts**

Other fitness facilities

- Save up to **100%** on the joining fee at Curves
- Save **80%** at Run/Walk for Life
Workout per day.....**100 pts**

Team Vitality

Get up to **50%** off selected running and cycling events.

Get vouchers for kit and devices worth over R1 000.

Participate in a timed race
.....**up to 3 000 pts**

Learn more about your fitness level

With Vitality Fitness Assessments (twice a year) and Vitality Exercise Consultations**up to 20 000 pts**

More ways to get fit and earn Vitality points

- Round of golf **100 pts**
- Free 5 km parkrun **300 pts**
- Outdoor sporting events **up to 3 000 pts**

Earn up to 30 000 points a year for fitness activities



Vitality rewards you as you get healthier, earn Vitality points and improve your Vitality status.

Healthy Vitality Families

Vitality nurtures healthy families from the start, encouraging good habits in children and ensuring they become healthy adults.

VITALITY BABY



..... 0 - 2 yrs



Vitality Baby offers the best care and rewards for parents during the **first 1 000 days** – from pregnancy until your child turns two.

Take Care

- Start your Vitality Baby journey with an online pregnancy assessment **2 000 pts**
- Attend an antenatal class **2 000 pts** and a CPR course **2 500 pts**
- Well Baby Clinic visits at Clicks or Dis-Chem **up to 2 500 pts**
- Vaccinations **500 pts per vaccination event**
- Get up to **25%** cash back on nappies and other baby essentials with the HealthyCare benefit at Clicks or Dis-Chem

Earn double Vitality points for selected fitness activities and buying HealthyFood items during pregnancy and until your baby is six months old.

Eat Right

- Vitality Nutrition Consultations **up to 10 000 pts**
- Get up to **25%** cash back on HealthyFood at Pick n Pay or Woolworths

Get Rewarded

Receive a Vitality Baby **gift pack** filled with useful information and exciting gifts, **plus a R100 Toys R Us gift card** and **10%** off selected baby essentials at Toys R Us stores.

Get Active

- Vitality Exercise Consultations **up to 5 000 pts**
- Get **25%** off a Preggi Bellies package



Creating magical moments right from the start with Disney Baby and Discovery Vitality

Expecting and new parents can go online for information, articles and tips on pregnancy, birth and the early years of raising children. Visit baby.disneyafrica.com or learn more under **Vitality Baby** at www.discovery.co.za



VITALITY KIDS



..... 2 to under 18 yrs



At Vitality, we understand that habits created during childhood lay the foundation for habits in adulthood – healthy children become healthy adults.

Kids Electronic Health Record

Keep track of your child's health on discovery.co.za



- Health metrics
- Milestones
- Vaccination records
- Assessment results

Take Care

Make sure your kids are developing at a healthy rate with the **Kids Vitality Health Check** at a Vitality Wellness Network pharmacy..... **up to 2 500 pts**

Other kids assessments:

- Dental Health Check **2 000 pts**
- Optometry visit (5 - 7 yrs) **2 000 pts**
- Vaccinations **500 pts per vaccination event**
- Kids Vitality Health Review **2 000 pts**

Get Active

Kids can join **Junior Team Vitality!** Get a cool starter kit and cash back on races. Earn Vitality points for other fitness activities:

- Gym **100 pts**
- parkrun **300 pts**
- Exercising with a device **50 to 300 pts**
- Outdoor sporting events **up to 3 000 pts**

Kids six years and older can start earning Vitality points for fitness activities. Kids 12 years and older can earn points for gym. Kids can earn up to 20 000 fitness points a year.

Eat Right

Get up to **25%** cash back on HealthyFood items at Pick n Pay or Woolworths that help you make nutritious meals for your kids.



Choose breakfast, lunchboxes or dinner from a selection of dietitian-approved meals on discovery.co.za

Conveniently shop for all the ingredients in-store or online and have your order **delivered to your doorstep**

Get up to **25% cash back** on these HealthyFood items from Pick n Pay or Woolworths

Get Rewarded

Kids watch **movies for free** before 7pm once an online Kids Vitality Health Review has been completed.



Disney, with Discovery Vitality, celebrates healthy and happy families. Visit www.disneyhealthyliving.co.za for inspiring, healthier lifestyle choices with exciting games, activities and much more for kids and families.



Get Rewarded

Vitality Travel

Enjoy great travel savings based on your Vitality status.

Local flights boosted with Active Rewards



Up to 100%



Flights

Save up to **35%** on local and international flights (base ticket fare).

- Six local kulula.com and British Airways (operated by Comair) destinations
- Five British Airways regional destinations
- 30 British Airways international destinations
- Over 100 Emirates international destinations
- Eight Qantas international destinations

BRITISH AIRWAYS

kulula.com

Emirates

QANTAS

Diamond



35%

Gold



30%

Increase your saving on local flights (base ticket fare) up to **100%** with Vitality Active Rewards.

Silver



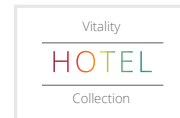
25%



Vitality Hotel Collection

Enjoy up to **35%** off at **over 500** hotels, lodges, resorts and bed and breakfasts in the Vitality Hotel Collection. Pay with a Discovery Card for up to **50%** off.

- Protea Hotel
- Sun International
- Tsogo Sun and many more



Bronze



20%

Blue



15%



Vitality car rental

Save up to **35%** on car rental at Europcar or Tempest.

Europcar

TEMPEST
CAR RENTAL

All travel must be booked on kulula.com. For more information on flight destinations and a list of accommodation properties, please visit www.discovery.co.za. These lists are subject to change. There is a booking fee on all travel bookings.

Get Rewarded



Movies



Experience your favourite movies at discounted prices, when you activate your Vitality Ster-Kinekor movie benefit. Available in 2D or 3D at selected theatres, Cine Prestige or Imax.

Vitality kids, older than 2 and younger than 18, can watch **movies for free** before 7pm, once an online Kids Vitality Health Review has been completed.



discovery/mall

- Visit www.discovery.co.za to access a range of online stores
- Pay using Discovery Miles, cash or both
- Enjoy exclusive offers for Vitality members
- Save up to **60%** on newspaper and magazine subscriptions



Get rewarded with Discovery Card

Discovery Card is a credit card which boosts your Vitality rewards. You get better savings and bigger rewards.
Get the Card and Get Rewarded.

DISCOVERY MILES

Discovery Miles is an e-currency you earn **EVERYWHERE YOU SHOP.**

You earn one Discovery Mile for every R15 you spend.

EARN UP TO 10 TIMES MORE DISCOVERY MILES

Pay using your Discovery Card at select HealthyLiving partners, as well as at BP service stations nationwide.



Spend your Discovery Miles in-store by converting them on the Discovery app before payment.



Pay for your next holiday with your Discovery Miles.



Convert your Discovery Miles into SAA Voyager Miles or British Airways Avios and book your flights.



Use Discovery Miles to shop online through discovery/mall partner stores.



Boost your rewards with Discovery Card

EARN CASH BACK

Get up to 20% cash back when you spend at our partners. How much you earn depends on your Vitality status and number of years on Vitality.

@home
@homelivingspace

CAPE UNION MART
Est. 1975

B. EXCLUSIVE BOOKS

frasers
Home of the fashion & lifestyle

Incredible
COMICKS

Nando's

THE PRO SHOP
GOLF & OUT GEAR
A member company

Reggiers

● sunglasses hut

ToysRUs

UBER

Travel

WORLD LEISURE
holidays

contiki

Royal Caribbean
INTERNATIONAL

Cash back is limited to a maximum of R2 000 a month, excluding travel

MORE REWARDS WITH DISCOVERY CARD



Apple Watch

Earn an Apple Watch by achieving your Vitality Active Rewards fitness goals.



EasyPark

Enjoy cashless, ticketless parking at selected shopping centres across South Africa.



Holiday Accommodation

Boost savings up to 50% on holiday accommodation in the Vitality Hotel Collection.



Big Concerts

Get tickets to selected premium live events through our exclusive booking platform.

Discovery Card is operated by Discovery Vitality (Pty) Ltd, registration number: 1999/007736/07, an authorised financial services provider under the banking licence of FirstRand Bank Limited, registration number 1929/001225/06, an authorised financial services and registered credit provider, NCA Reg No. NCRP20. Limits, terms and conditions apply.

Discovery Vitality

Contact us 0860 99 88 77 | vitalityinfo@discovery.co.za | www.discovery.co.za



Discovery Vitality (Pty) Ltd is an authorised financial services provider. Registration number: 1999/007736/07.

Please note all information displayed in this brochure is only a summary of the Vitality benefits. Specific terms and conditions apply to each benefit.