



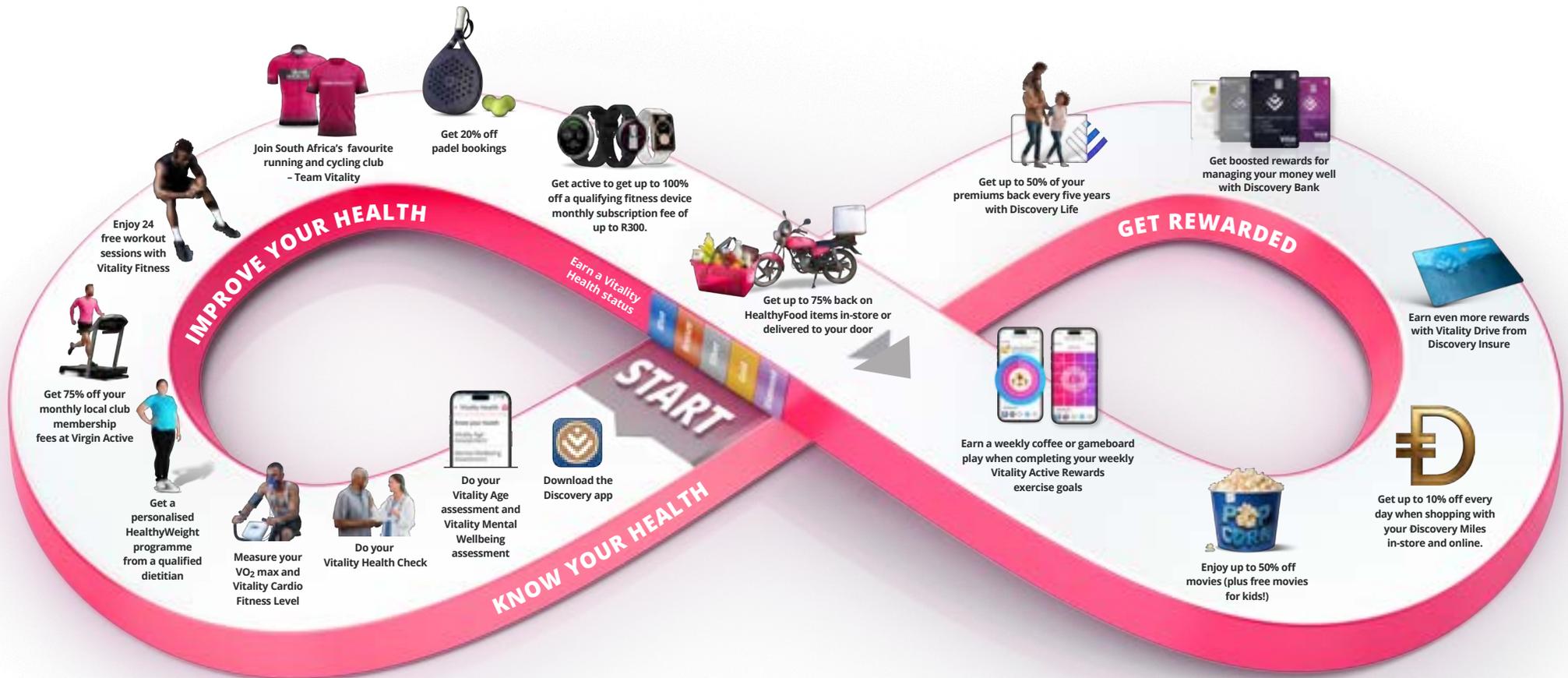
DISCOVERY VITALITY 2025

Live life with Vitality



Get started on your Vitality journey

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you keep track of your progress towards a healthier you. You're rewarded for making better choices with a premium range of health, lifestyle and leisure benefits.



Click [here](#) to understand more about how Vitality works and how to maximise each of these benefits.

Your Vitality benefits at a glance

Enjoy incredible Vitality rewards and savings from the day your membership starts.

BENEFITS		HOW IT WORKS
	<p>GET 75% OFF ON YOUR MONTHLY LOCAL CLUB MEMBERSHIP FEES</p> <p>ACCESS PASS</p>	<p>▶ Exercise at the Virgin Active health club at least 3 times a month (that's 36 times a year) to keep your maximum saving. Join this limited offer today with a qualifying Discovery Bank account. Limits, terms and conditions apply.</p> <p>▶ Access any Virgin Active or Planet Fitness gym on a pay-per-visit basis (excludes Virgin Active Collection Clubs).</p>
<p>ENHANCED BENEFIT</p> <p>VITALITY FITNESS</p>	<p>DISCOVER 150+ FITNESS FACILITIES</p>	<p>▶ Get 2 free visits a month (up to 24 a year!) to exercise anywhere in the Vitality Fitness network.</p>
<p>OUR PADEL NETWORK</p>	<p>DISCOVERY VITALITY PADEL BENEFIT</p>	<p>▶ Get 20% off bookings in the Discovery Vitality Padel network on the Playtomic app. Plus, book a court up to 4 weeks in advance.</p>
	<p>FITNESS DEVICES</p>	<p>▶ Achieve your weekly Vitality Active Rewards exercise goals to get up to 100% off a flexible fitness device applicable to a maximum monthly subscription fee of up to R300.</p>
<p>ENHANCED BENEFIT</p> 	<p>HEALTHYFOOD</p>	<p>▶ Get up to 25% back in Discovery Miles on thousands of HealthyFood items at Checkers, Checkers Sixty60, Woolworths in-store and online, Woolies app and Woolies Dash. This is boosted to 75% through Discovery Bank.</p>
	<p>STER- KINEKOR</p>	<p>▶ Get 50% off all 2D and 3D movies. Save 25% at IMAX, Cine Prestige or NT Live. Plus, Vitality Kids, who are older than 2 and younger than 18, watch movies for free at selected cinemas before 7pm, once you've completed an online Kids Vitality Health Review for them.</p>
<p>VITALITY HEALTHYWEIGHT PROGRAMME</p>	<p>PERSONALISED NUTRITION COACHING</p>	<p>▶ Get daily guidance and on-demand support from a qualified dietitian on your healthy weight journey.</p>

Earn Vitality points as you get healthier

You can earn Vitality points by completing essential health screenings, getting active and eating well. Your points accumulate to a Vitality Health status, which is a strong indicator of your health and wellbeing. Plus, your status is the gateway to rich integration benefits on other Discovery products.

KNOW YOUR HEALTH

Earn up to

25,000

VITALITY POINTS

a year by doing your essential Vitality health screenings, including the Vitality Age assessment, Mental Wellbeing assessment and Vitality Health Check.

GET ACTIVE

Earn up to

30,000

VITALITY POINTS

a year for exercising in a way that suits you. Get active at our iconic gym partners, at 150+ Vitality Fitness facilities, on the padel courts or outdoors.

This includes earning up to **10,000 Vitality points** towards your physical activity points cap for your Vitality Cardio Fitness Level. Measure your VO₂ max with a fitness device or do a Vitality Fitness Assessment.

EAT WELL

Earn up to

12,000

VITALITY POINTS

a year for buying HealthyFood items at Checkers and Woolworths, in-store or delivered to your door.

Vitality supports your healthy eating journey by making healthier food the easy, affordable and rewarding choice, whether you're shopping, cooking or eating out.

HOW TO EARN A VITALITY STATUS

Your Vitality Health status is a key indicator of how healthy you are. Earn Vitality points by getting active, eating well and doing all your checks. The healthier you get, the higher your Vitality status.

At the start of every year, your Vitality points reset to zero but you still keep the status level that you earned the previous year. This is to help encourage consistent engagement with your health.

	BLUE	BRONZE	SILVER	GOLD	DIAMOND
1 adult	Start on Blue Vitality status	7,500	25,000	40,000	50,000
2 adults		15,000	50,000	80,000	100,000
Additional adult dependants		3,750	12,500	20,000	25,000

Earn Vitality points to improve your Vitality status

You can earn Vitality points every time you take a step toward knowing and improving your health. All these points accumulate to your Vitality Health status.

Points you can earn as an adult member on the Vitality programme

ONLINE ASSESSMENTS

Find out your Vitality Age	1,500 points
Understand your mental wellbeing twice a year	500 points per assessment

NUTRITION

Buy HealthyFood items at Checkers and Woolworths	up to 12,000 points
Visit a dietitian or activate and consult with a HealthyWeight coach.....	1,000 points

EXERCISE

Exercise at the gym or approved fitness facility	up to 100 points	per day
Track your exercise on your smartphone or fitness device	up to 300 points	
Complete an online workout through a Vitality-accredited partner	50 points	
Play a game of padel	100 points	

Complete a free parkrun	up to 300 points	per event
Participate in a Vitality-timed race event	up to 3,000 points	

VITALITY HEALTH CHECK

Do a Vitality Health Check at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, Discovery Store or Discovery Wellness Day.

Your Vitality Health Check includes:

- 01** | Blood pressure
- 02** | Blood glucose
- 03** | Cholesterol
- 04** | Weight assessment
- 05** | Non-smoker's declaration

Earn up to 22,500 Vitality points based on how many of your results are in range and how many of them may indicate a greater risk of developing a lifestyle-related disease.

You're covered for one Vitality Health Check a year from the Screening and Prevention benefit of most medical scheme plans administered by Discovery Health.

OTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender	
Pap smear	2,500 points
Mammogram	2,500 points
Colonoscopy	2,500 points
Dental health check	1,000 points
Flu vaccine	1,000 points

Initial HIV test	7,500 points
Annual HIV test after that	1,000 points
Being registered for managing a chronic condition	2,500 points
Glaucoma screening	2,500 points

IMPROVE YOUR CARDIO FITNESS

Track your VO₂ max and earn up to 10,000 points based on your Vitality Cardio Fitness Level for your age and gender.

VO₂ max indicates the amount (volume) of oxygen your body uses while exercising and is a common tool to understand your fitness level. Your points are based on the average of the last five VO₂ max estimates from your Apple, Garmin or Samsung fitness device or from the results of a Vitality Fitness Assessment.

VITALITY POINTS FOR EVERY LIFE STAGE

Earn Vitality health points based on your age and gender. Click [here](#) to see tailored points you can earn if you are 65+

BOOST YOUR REWARDS

03

Get up to 75% back in € Discovery Miles with a qualifying Discovery Bank product and Vitality Money.



01

ACTIVATE HEALTHYFOOD

Get a Checkers Xtra Savings card and Woolworths WRewards card to set up the benefit in the Discovery app. Choose a primary in-store and online partner.



02

DO YOUR VITALITY HEALTH ASSESSMENTS

Get up to 25% back in € Discovery Miles on HealthyFood when you complete your Vitality Health Check and Vitality Age assessment.

Exercise anywhere with **Vitality Fitness**

A fitness experience like no other. Get 75% off a local club membership at Virgin Active or Planet Fitness, book boutique workouts at 150+ Vitality Fitness facilities, smash your padel game or exercise outdoors. **Plus, get up to 24 free visits a year across the Vitality Fitness network.**

JOIN THE GYM

Get **75% off** your monthly local club membership at Virgin Active.

BOOK A WORKOUT

Get your **first 3 visits for free** at Virgin Active and at Planet Fitness. Plus, get **2 visits a month for free** at any other facility in the broader Vitality Fitness network.

You can use these visits when booking a class, from yoga and Pilates to cardio-boxing and rebounding. Or, you can use them on an Access Pass to drop in for a workout.



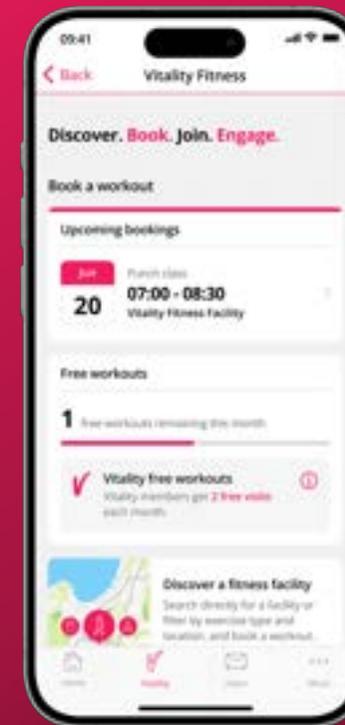
Simply book on the Vitality Fitness platform or scan the QR code at the reception when visiting any Virgin Active or Planet Fitness.

DISCOVER A WORLD OF WORKOUTS AT YOUR FINGERTIPS

Search for a fitness facility by name or filter by exercise types and location. Book a class or redeem an access pass and drop in for a workout.

EXERCISE OUTDOORS

Get **20% off** in our Discovery Vitality Padel network and enjoy advanced booking access. Plus, **parkrun** with Vitality and earn 300 Vitality points, and conquer South Africa's biggest running and cycle races with **Team Vitality.**



- Rebounding
- Combat sports
- CrossFit
- Dance
- Gyms
- HIIT
- Pilates
- Yoga

and more

Earn and spend more with **Vitality Active Rewards** and **Discovery Miles**

You always get more with Discovery Miles, our shared-value rewards currency that's more valuable than cash. Plus, the healthier your lifestyle, the more rewards you earn.

ACHIEVE YOUR WEEKLY VITALITY ACTIVE REWARDS GOALS

You can earn Discovery Miles by getting healthier, driving well and spending responsibly. Achieve your weekly Vitality Active Rewards exercise, drive or spend goals and choose between an instant coffee and a play on the gameboard to earn thousands of Discovery Miles.



EARN DYNAMIC LIFESTYLE REWARDS

Get up to 25% back in Discovery Miles on qualifying spend when you buy healthy groceries with the HealthyFood benefit.

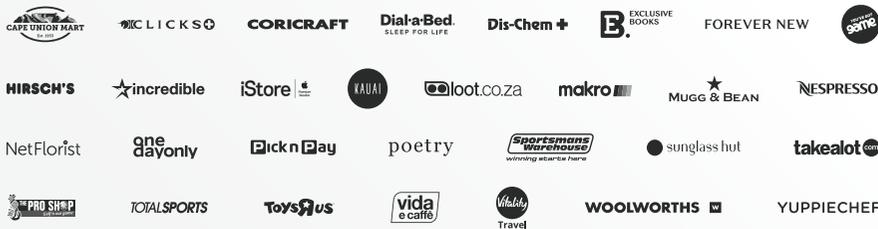
HealthyFood



Team Vitality

SPEND YOUR DISCOVERY MILES

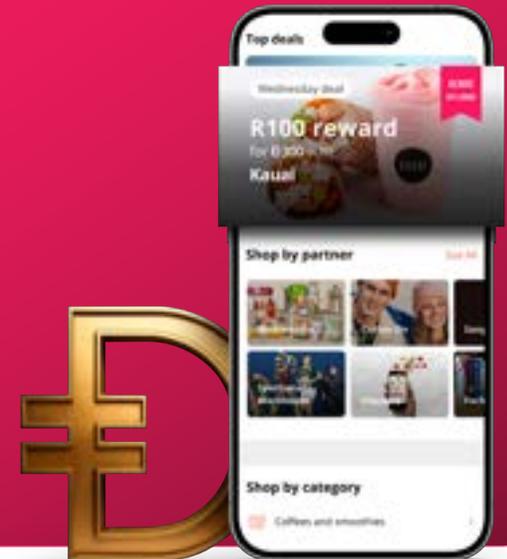
Get **up to 10% off** every day when you spend your Discovery Miles on discounted rewards in the Vitality Mall, online or in-store at over 40 Discovery Miles retail partners, and on prepaid products in the Discovery Bank app. **Plus**, pay for your flights, accommodation and car hire in Discovery Miles on the Vitality Travel booking platform.



MAKE YOUR DISCOVERY MILES GO FURTHER

Look out for an unmissable, irresistible deal in the Vitality Mall every **Rewards Wednesday!** For 24 hours only.

You can also double your Discovery Miles discount on **Miles €-Day**, the 15th of every month, and get up to 20% off at selected online and instore Discovery Miles retail partners.



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To join Vitality or to find out more about our other Vitality products, visit www.discovery.co.za. You can also contact your financial adviser or your company's HR representative.

VITALITY ACTIVE RATES	Member R145	Every additional adult R145
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