

DISCOVERY VITALITY 2025

Live life with Vitality



Vitality rewards you for knowing and improving your health

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you understand your health, keep track of your progress towards a healthier you, and rewards you for making better choices with a premium range of health, lifestyle and leisure benefits. You can also earn more rewards with our Vitality Money and Vitality Drive programmes.



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

Your Vitality benefits at a glance (1/2)

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

BENEFITS		SAVINGS	HOW IT WORKS	
	ADULTS	75% OFF	▶ Get 75% off every month on a local club membership. Exercise at the gym at least 36 times every 12 months to keep your maximum discount.	
	KIDS	50% OFF	▶ The main Vitality member must be a gym member for the child to get 50% off.	
	ACCESS PASS	FROM R75 A VISIT	▶ Access Virgin Active or Planet Fitness gyms on a pay-per-visit basis with a qualifying Discovery Bank account, which includes the Discovery Account with zero monthly fees. Plus, the first 3 visits are free.	
ENHANCED BENEFIT	VITALITY FITNESS	DISCOVER 150+ FITNESS FACILITIES	UP TO 24 FREE VISITS A YEAR	▶ Get 2 free visits a month (up to 24 a year!) to exercise anywhere in the Vitality Fitness network.
DISCOVERY VITALITY PADEL	PADEL BOOKINGS	20% OFF	▶ Get 20% off bookings in the Discovery Vitality Padel network on the Playtomic app. Plus, book a court up to 4 weeks in advance.	
	ADULTS	HALF PRICE	▶ Get 50% off 2D, 3D and Cinema Nouveau movies. Get 25% off at IMAX, Cine Prestige and NT Live.	
	KIDS	FREE	▶ Vitality Kids watch movies for free at selected cinemas before 7pm, once you've completed an online Kids Vitality Health Review for them.	
	VITALITY HOLIDAY ACCOMMODATION	UP TO 25% OFF	▶ Save up to 25% on hundreds of local Vitality holiday accommodation options. Plus, get access to hundreds of thousands of non-discounted local and international listings on Vitality Travel through Booking.com.	
	CAR HIRE	UP TO 25% OFF	▶ Save up to 25% on unlimited car hire bookings.	
VITALITY HEALTHYWEIGHT	PERSONALISED NUTRITION COACHING	FROM R275 A MONTH	▶ Get daily guidance and on-demand support from a qualified dietitian on your healthy weight journey.	

Your Vitality benefits at a glance (2/2)

Get healthy and get rewarded with even more discounts and savings.

			ACTIVATE THE BENEFIT	FIND OUT YOUR VITALITY AGE AND DO A VITALITY HEALTH CHECK	ACHIEVE YOUR VITALITY ACTIVE REWARDS EXERCISE GOALS	INCREASE YOUR REWARDS THROUGH A QUALIFYING DISCOVERY BANK ACCOUNT
	 	HEALTHYFOOD	IN-STORE	10%	25%	Up to 75%
			ONLINE			
	 	HEALTHYCARE		10%	25%	Up to 50%
	  	HEALTHYBABY		10%	25%	Up to 50%
	     	HEALTHYDINING		10%	25%	
	 	SPORTS GEAR AND EQUIPMENT		10%	25%	
	 	FITNESS DEVICES		10%	25%	Up to 50%
	 	PADEL GEAR		10%	25%	Up to 50%
	  	NIKE PERFORMANCE FOOTWEAR AND APPAREL		10%	25%	Up to 50%
	       	FLIGHT DISCOUNTS		10%	25%	Up to 75%



THE MOST AFFORDABLE WAY TO GET YOUR NEXT APPLE WATCH

Get a Discovery Bank credit card and fully fund your next **Apple Watch** when you achieve your Vitality Active Rewards exercise goals over 24 months.



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.

Plus, earn 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	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	per event
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	
Play a round of golf	100 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+

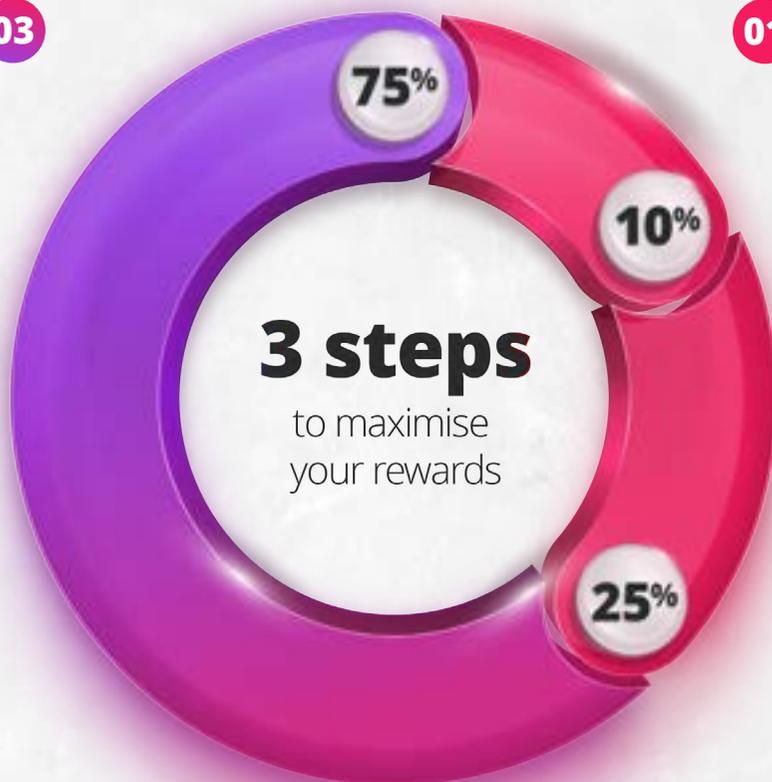
Your **Vitality HealthyFood** benefit

Nothing tastes as good as HealthyFood rewards. Vitality members can **get up to 25% back 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.

BOOST YOUR REWARDS

03

Get up to 75% back in HealthyFood rewards 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.



Swipe your Checkers Xtra Savings or Woolworths WRewards cards every time you shop in-store or online.



Look out for the Vitality indicator online and on shelf labels in-store to make healthier choices.

02

DO YOUR VITALITY HEALTH ASSESSMENTS

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

Up to 25% back in Discovery Miles for Vitality members, boosted up to 75% back in Discovery Miles when paying with a qualifying Discovery Bank card. Auth. FSP. Limits, Ts&Cs apply.

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 workouts at 150+ boutique facilities and get up to 24 free visits a year at these facilities, smash your padel game or exercise outdoors.

JOIN THE GYM

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

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.



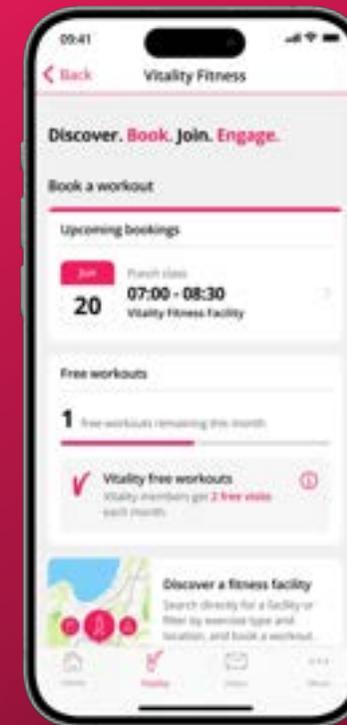
Simply book on the Vitality Fitness platform or scan the QR code at the reception when visiting any Virgin Active or Planet Fitness.

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

Take care with Vitality

Don't live life at full price. Get rewarded for taking care of yourself and your loved ones with the Vitality HealthyCare and Vitality HealthyBaby benefits. Plus, boost your rewards even more when you pay with your qualifying Discovery Bank card.

VITALITY HEALTHYCARE

Get up to **50% back** on thousands of personal care items like sunscreen, nasal sprays, feminine hygiene products and more at **Clicks or Dis-Chem**.

- 01** Activate the HealthyCare benefit in the Discovery app to get **10% back** at Clicks and Dis-Chem.
- 02** Increase your reward to **25% back** at your primary partner by doing a Vitality Health Check and Vitality Age assessment every 12 months. Plus, get 10% back at your other partner.
- 03** Boost your reward to up to **50% back** by paying with a qualifying Discovery Bank card and managing your finances with Vitality Money.



VITALITY HEALTHYBABY

Get up to **50% back** on baby essentials and premium items at **Babies R Us, Toys R Us** or **Dis-Chem Baby City** with Vitality HealthyBaby, the benefit that rewards anyone shopping for baby products.

- 01** **Activate the HealthyBaby benefit on the Discovery app or website.** Get 10% back at Babies R Us and Toys R Us or Dis-Chem Baby City.
- 02** **Complete your Vitality Health assessments.** To get **25% back** at your primary partner, complete your Vitality Age assessment and do a Vitality Health Check every 12 months.
- 03** **Buy HealthyBaby items**
Pay with your qualifying Discovery Bank credit card to get up to **50% back** on HealthyBaby items.

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 75% back in Discovery Miles on qualifying spend when you buy healthy groceries with the HealthyFood benefit, up to 50% back on personal care items with HealthyCare, and up to 50% back on baby essentials with HealthyBaby.

HealthyFood



HealthyCare



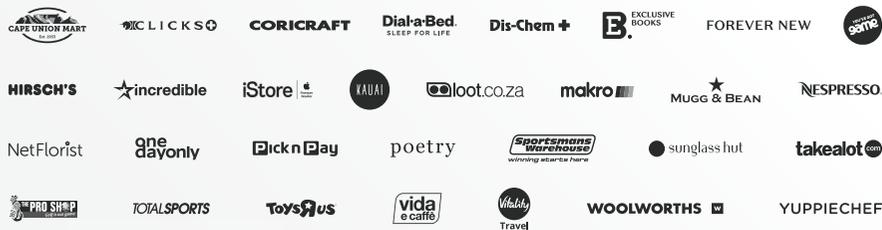
HealthyBaby



Team Vitality

SPEND YOUR DISCOVERY MILES

Get **5% to 15% 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 D-Day**, the 15th of every month, and get between 10% and 30% off at selected online and in-store Discovery Miles retail partners.



Discovery Miles do not constitute currency or any other medium of exchange in circulation in South Africa.

Discover more adventure with Discovery Bank and **Vitality Travel**

Enjoy endless discovery with Vitality Travel. All you need to book your next adventure is a qualifying Discovery Bank account or a Discovery Account with zero monthly fees.

BOOKINGS

Book discounted flights in a few quick taps on the Discovery Bank app. Plus, book an entire trip, including flights, holiday accommodation and car hire, in one place through Discovery Bank's online banking website.



CAR HIRE

Enjoy endless road trips across South Africa with your **up to 25% saving** on unlimited car hire bookings at Europcar and Tempest Car Hire.



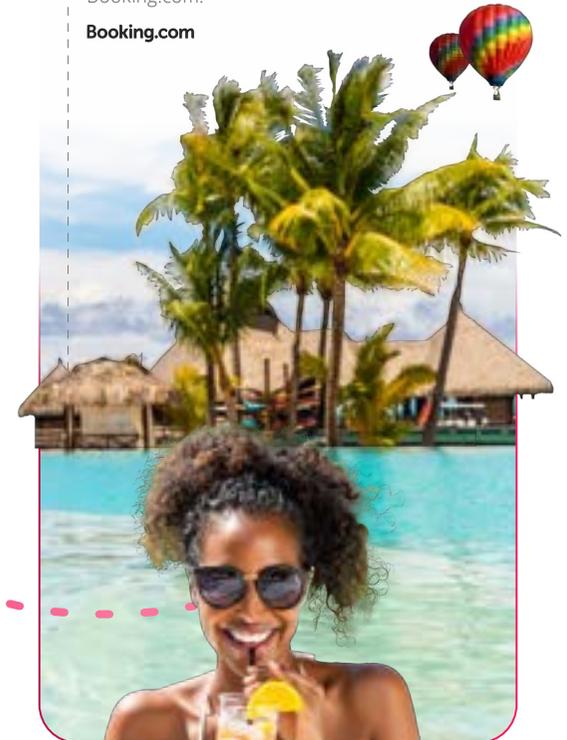
ACCOMMODATION

Get up to **25% off** local Vitality holiday accommodation options.



Plus, access non-discounted local and international listings on Vitality Travel through Booking.com.

Booking.com



FLIGHTS

Get up to **75% off** flights on all local airlines and select international carriers. Plus, discover more security with international travel insurance added to your booking.



PRIORITY FAST TRACK

Breeze through airport security with Discovery Bank Priority Fast Track at OR Tambo- and Cape Town International Airport domestic departures. Show your Black or Purple card and you and 5 guests can skip the longer queues.



THE LOUNGE

Discover a world-class pre-flight experience at The Lounge by Discovery and SAA – complete with five-star coffee, curated cocktails and mocktails, healthy dining options and more.



Vitality for **every stage of your life**

Discovery Vitality rewards your healthy habits at every stage of your life. Get access to additional Vitality programmes at no extra cost. Because as your life changes, so does your health.

PREGNANCY AND UNTIL YOUR BABY IS 2

- Get up to 50% back on strollers, nappies, baby essentials and more at Baby City, Babies R Us and Toys R Us.
- Receive a Vitality Baby gift box filled with useful information and exciting gifts for you and your baby.
- Pregnant women earn extra Vitality points for eating well and exercising safely during pregnancy.

VITALITY 65+

- Save up to 75% on selected health monitoring devices at Dis-Chem with Dis-Chem as your primary partner.
- Get up to 25% off Vitality Active Rewards redemptions worth €350 and up.
- Get your full activation fee refunded with the Apple Watch for 65+ benefit.
- Get up to 50% premium payback every year based on your Vitality Drive status.



KIDS AGED 3 TO 13

- Watch movies for free before 7 pm at selected Ster-Kinekor cinemas.
- Get 50% back on kids' healthy meals at HealthyDining partner restaurants.

TEENS AGED 14 TO 17

- Teens can earn their own Discovery Miles by achieving their weekly exercise goals through Vitality Active Rewards for Teens.
- Watch movies for free at selected Ster-Kinekor cinemas before 7 pm.
- Get up to 50% off on monthly local club membership fees at Virgin Active or Planet Fitness.

GET THE LATEST INFORMATION ABOUT VITALITY

 www.discovery.co.za

DOWNLOAD THE DISCOVERY APP

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 RATES	Member: R399	Member + 1: R479	Member + 2: R559
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