



How to get to Gold Vitality status

Vitality is Discovery’s science-based wellness programme that rewards you for improving your health. Research shows that the more our members engage with Vitality’s activities, the more they improve their health. The more you improve your health, the more Vitality will reward you.

By doing a range of healthy activities you will earn Vitality points that add up to determine your Vitality status. The higher your Vitality status, the greater the rewards – and you’ll see how easy it is to reach Gold Vitality status.

Making it easy to reach Gold

Before you can reach Gold Vitality status you need to do certain activities and find out more about your health and improve it.

There isn’t a set order you have to do these activities in – you can do them in any order you want. However, this is the recommended path you can take on your journey to better health and Gold status.





Complete online health assessments

Visit the **Know your health** section on Vitality's site at www.discovery.co.za

Activity	Earn points
Personal Health Review*	2 000
Non-smokers declaration*	5 000
Online Nutrition Assessment*	Up to 1 000
Online Stress Assessment*	Up to 2 500
Kids' Personal Health Review	2 000

In less than an hour, a single member can earn as many as 10 500 Vitality points. If you have children, you can add another 2 000 points per child.



Learn about your health

Go to Vitality accredited pharmacies, dietitians and biokineticists to have the assessments. In only a few hours, you can earn as many as 34 000 Vitality points.

Activity	Vitality points
Vitality Check* : blood glucose, blood pressure, cholesterol and weight assessment	Up to 14 000
Vitality Fitness Assessment*	7 500 and up to 7 500 bonus points based on how fit you are
Vitality Nutrition Assessment*	5 000



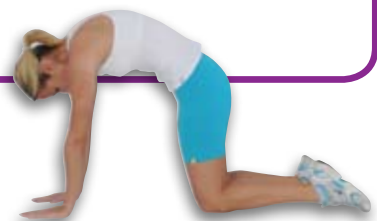
Health checks

Visit your GP or specialist for in-depth health checks.

Activity	Points
HIV test* at certain pharmacies or your GP	5 000
Flu vaccination at a GP	1 000
Pap smear at a specialist	2 500
Mammogram at a specialist	2 500
Prostate screening at a specialist	2 500
Vitality Child Health Assessment at a GP in the GP network	2 500
Dental check-up at any dentist	2 000

Female members can earn as many as 11 000 points for these tests, and male members 8 500 points! If you have children you can add another 4 500 points for each child.

* Every adult on Vitality can earn points for this activity.





Buy HealthyFood™

Earn Vitality points for buying HealthyFood™ at Pick n Pay.






When you activate your HealthyFood™ benefit, you can earn up to 15 Vitality points for each HealthyFood™ item you buy, up to 750 points a month. This is based on the number of HealthyFood™ items you buy, compared to less desirable food choices. You will also save up to 25% on these HealthyFood™ items.







Get active

Earn Vitality points for getting active with Vitality's fitness partners.

Vitality gym partners	Vitality points	How to join
  	150 points a session	Visit your local branch

Remember, Vitality members can access these partners at reduced rates!

Vitality fitness partners	Vitality points	How to join
 	150 points a session	Visit your local Run/Walk For Life branch. Register on www.discovery.co.za for Handicaps Network Africa
	3 000 or 5 000 per event. 5 000 bonus points for the 5th event in a year.	Register on sa-active.com
	Up to 200 points per session	Visit www.polarpersonaltrainer.com and register

Each member can earn a maximum of 15 000 Vitality points for fitness activities in a year. There is also a yearly maximum of 15 000 Vitality bonus fitness points.

You get fantastic rewards for looking after your health

You immediately qualify for travel, entertainment and shopping rewards as you improve your Vitality status. By doing healthy activities, the rewards increase! Here are just some of the rewards for Gold Vitality members:

- 15% in Cash-back Rewards at **Clicks**
- Save **25%** on International flights with **British Airways**
- Fly for **30%** less with **kulula.com**
- Stay for **45%** less at **Southern Sun**

Vitality points needed to reach each status

	Blue status	Bronze status	Silver status	Gold status	Diamond status
Single member	You start at Blue Vitality status	15 000	35 000	45 000	Reach Gold Vitality status for three consecutive years
Main member and spouse		30 000	70 000	90 000	
For each adult dependant add		10 000	20 000	30 000	

Find out more how to access our partners, earn points and enjoy rewards on www.discovery.co.za