



Vitality partners and points you earn

The wellness programme that rewards you for getting healthier

Vitality helps you to improve your health by offering you savings at our health and fitness partners and awarding you Vitality points for using our partners' services to get healthier!

You'll also earn Vitality points for activities to learn about your health status. The Vitality points you earn determine your Vitality status. The higher your Vitality status, the greater your rewards at Vitality and DiscoveryCard's rewards partners.

Vitality members start at Blue Vitality status, progress to Bronze, Silver, Gold and, ultimately, Diamond status. The table below shows how many Vitality points you need 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 one member 18 years and older		30 000	70 000	90 000	
For each additional member 18 years and older, add		10 000	20 000	30 000	

Earning Vitality points for learning about your health status

Online assessments

Assessment	Where	Vitality points
Personal Health Review	www.discovery.co.za	2 000
Vitality's online Nutrition Centre	www.discovery.co.za	2 500
Vitality's online Stress Management Zone	www.discovery.co.za	5 000

Fitness and nutrition assessments

Assessment	Where	Vitality points	Bonus points
Vitality Fitness Assessment	Biokineticist in the Vitality Wellness Network	7 500	Level 2: 2 000
			Level 3: 4 000
			Level 4: 6 000
			Level 5: 7 500
Vitality Nutrition Assessment	Dietitian in the Vitality Wellness Network	5 000	
Virgin Life Care HealthZone	Virgin Life Care at a Virgin Active facility	2 500	

Preventive screening tests

Vitality Check

Assessment	Where	Vitality points	Bonus points*
Blood glucose	Pharmacy in the Vitality Wellness Network or a company's Discovery Wellness Day	1 500	1 500
Blood pressure		1 500	1 500
Cholesterol		1 500	1 500
Weight assessment		2 500	2 500

*You earn bonus Vitality points for results in the acceptable range

Other preventive screening tests

Assessment	Where	Vitality points	Age to earn points
Pap smear	Doctor	2 500	Females 16 years and older
Glaucoma screening	Optometrist or eye specialist	2 500	Adults 40 years and older
Mammogram	Radiologist	2 500	Females 35 years and older
Prostate screening	Doctor	2 500	Males 50 years and older
HIV test	Certain pharmacies or your doctor	5 000	Adults 18 years and older

Vaccinations for the whole family

Vitality looks after the health of the whole family and awards Vitality points for vaccinations specific to every stage of your life.

Vaccination	Age to earn points	Vitality points
Childhood vaccinations	0 – 2 years	5 000
Childhood vaccinations	4 – 6 years	1 000
Cervical cancer vaccination (HPV)	Females aged 9 – 25 years	1 000
Flu vaccination	All ages	1 000
Pneumococcal vaccination	65+ years	1 000

Children's health checks








Children aged 2 but younger than 18 earn points for these activities.

Assessment	Where	Vitality points
Kids' Personal Health Review	www.discovery.co.za	2 000
Vitality Child Health Assessment	GP in Discovery Health's GP Network or certain paediatricians	2 500
Dental check-up	Any dentist	2 000

Discovery Baby

Classes	Vitality points
Antenatal classes	Earn 2 500 Vitality points for attending antenatal classes
CPR classes	Receive 2 500 points for attending a CPR course through an accredited provider





Vitality's fitness partners

Partner	Vitality member rate	Vitality points	
	Once-off activation fee of R645 per member. The main member and spouse then each save 80% on the monthly fee at Virgin Active. If they have a Visa DiscoveryCard, their saving increases to between 90% and 100%. Dependants 18 years and older save 50% on the monthly fee. View rates for Virgin Active Classic and Premier on www.discovery.co.za	150 Vitality points for each session a day	
	Once-off activation fee of R645 per member. The main member and spouse then each save 80% on the monthly fee at Planet Fitness. If they have a Visa DiscoveryCard, their saving increases to between 90% and 100%. Dependants 18 years and older save 50% on the monthly fee. View rates for Planet Fitness Platinum and Planet Fitness National on www.discovery.co.za		
	Have your registration fee waived and pay only R249 a month. With CurvesSmart®, you'll pay a once off R200 admin fee and R279 a month.		
	Members 18 years and older each pay a fee of R575 for the year.		
	Get up to 20% cash back if you buy a Polar Heart Rate Monitor with your DiscoveryCard at Cape Union Mart, Totalsports or use your Discovery Miles on VitalityMall.		1 000 points for registering online. You get 150 or 200 Vitality points for every exercise session, depending on your average heart rate.
	Enter events and claim your points.		Earn up to 5 000 Vitality points for every event you complete. You'll earn 5 000 bonus points for completing your fifth event in a year.
	Register your profile at no cost by calling 0860 99 88 77.		As an affiliated golfer, log your score with Handicaps Network African and earn 150 points for every round of golf.

Members 18 years and older can earn a maximum of 15 000 fitness points a year and a maximum of 15 000 bonus fitness points a year.

Vitality's health partners







Use these great services to improve your health and earn Vitality points.

Partner	Savings	Vitality points
	Up to 25% on thousands of HealthyFood™ products.	Up to 15 points for each HealthyFood™ item you buy, based on the number of HealthyFood™ items compared to less desirable choices. Up to a maximum of 750 points a month.
	Get 30% off the standard rate.	2 500 Vitality points for having the weight assessment. 2 500 bonus points for reaching your goal weight.
 	Adults will each pay R350 to attend a course. Adults will each pay R350 to attend a course.	5 000 points a year for not smoking or for stopping smoking.

Vitality's rewards partners







Vitality gives you great travel, lifestyle, entertainment and online rewards. The higher your status, the greater the rewards!

Travel partners

Partner	Benefit	How to book	Blue	Bronze	Silver	Gold	Diamond
	Fly to any domestic or 31 international destinations on World Traveller and World Traveller Plus prices*	Book your flights on www.kulula.com	15%	20%	25%	30%	35%
	Fly to 14 international destinations on Economy class.	Book your flights on www.kulula.com	15%	20%	25%	30%	35%
	Discount on lowest advertised flight*	Book your flights on www.kulula.com or call the kulula.com call centre on 0861 KULULA (585852) between 07:00 and 19:00.	15%	20%	25%	30%	35%
	Discount on lowest advertised car rental rate	Book your car on www.kulula.com or call the kulula.com call centre on 0861 KULULA (585852) between 07:00 and 19:00.	8%	10%	15%	20%	25%
	Discount on standard rate	Book your hotel stay on www.discovery.co.za	30%	35%	40%	45%	50%
	Discount on lowest advertised rate	To book your bus travel, go to any Greyhound depot or visit www.greyhound.co.za or call 083 915 9000.	20%	20%	20%	20%	20%

* These rates exclude airport taxes and fuel surcharges.

Lifestyle partners

Partner	Saving	Blue	Bronze	Silver	Gold	Diamond
	Qualify for a Gold Clicks ClubCard and Cash-back Rewards	5%	7%	9%	12%	15%
	See the latest blockbusters at Ster-Kinekor for only R11.50 at Junction theatres and R20 at Classic and Cinema Nouveau theatres. A ticket at a 3D Cinema costs R33 at Classic and R30 at Junction theatres. A movie card costs R38. Children aged 2 to 17 watch any movie that starts before 7pm for free, if they take part in wellness activities.					
	Being part of Discovery Baby offers benefits, like a bag packed with goodies for mother and baby. There are free magazines on pregnancy and motherhood for registered members. Visit VitalityMall on www.discovery.co.za to get your magazines.					
	Get broadband internet access from Vitality Broadband powered by Internet Solutions. The rates start from R22 for 1GB. The Vitality rates exclude the telephone line rental fee. Contact 0861 DISCMAIL or visit www.vitalitybroadband.co.za to get these exciting offers.					
	Visit VitalityMall on www.discovery.co.za at any time of the day or night and get great discounts on products, vouchers and 40% to 70% off lifestyle magazines. You can use your Discovery Miles, cash, VitalityMall credit, or combination of these, to pay on VitalityMall.					
	Save 5% on prepaid airtime from Cell C, MTN, Vodacom and Telkom. Registering is easy: call GotPrepaid on 0861GOTPRE (468773). You can then buy your airtime by sending an SMS to 31266.					

6 reasons to get a DiscoveryCard

The Visa DiscoveryCard is the only credit card that rewards you with cash back for improving your health. You can earn cash back on your day-to-day purchases from our comprehensive network of retail partners. The higher your Vitality status, the greater your rewards.

1 Get cash back on your everyday shopping at Pick n Pay



Get up to 10% cash back on all purchases at Pick n Pay.

Cash back based on your Vitality status

Blue	Bronze	Silver	Gold	Diamond
5%	6%	7%	8%	10%

If you have the HealthyFood™ benefit activated, you get an additional saving of up to 25% paid into your DiscoveryCard every time you buy HealthyFood™ at Pick n Pay.

2 Get cash back at partner stores

Get up to 20% cash back on purchases from leading retailers in our partner network. The higher your Vitality status, the more cash you can get back!

Years on Vitality	Blue	Bronze	Silver	Gold	Diamond
Less than three years	10%	10%	10%	10%	–
Three to five years	10%	11%	12%	13%	15%
More than five years	10%	12%	14%	15%	20%



3 Increase your savings at our gym partners

Vitality members (main member and spouse) with a Visa DiscoveryCard can increase their monthly gym saving to between 90% and 100%.



Years on Vitality	Blue	Bronze	Silver	Gold	Diamond
Less than three years	90%	90%	90%	90%	–
Three to five years	90%	91%	92%	93%	95%
More than five years	90%	92%	94%	95%	100%

4 Save on international holidays

Use your DiscoveryCard to pay for your holiday with World Leisure Holidays, Royal Caribbean International or Contiki and you'll get cash back of up to 22%, based on your Vitality status.

Cash back based on your Vitality status

Blue	Bronze	Silver	Gold	Diamond
15%	18%	19%	20%	22%

Bookings must be made directly with the partners to qualify for the savings.



5 Earn Discovery Miles by using your DiscoveryCard



Not only will you earn cash back for shopping at our partners, but you can also earn Discovery Miles for all your qualifying spend on your DiscoveryCard. For every R12 you spend on your DiscoveryCard, you'll earn one Discovery Mile, for a yearly fee.

Use Discovery Miles to pay the already discounted Vitality rates at kulula.com and Southern Sun, shop at VitalityMall on www.discovery.co.za, or convert your Discovery Miles to BA Miles or SAA Voyager Miles.

6 Boost your HealthyFood™ savings to up to 75%

Increase your HealthyFood™ savings to up to 75% by choosing one of the following benefits exclusively for DiscoveryCard holders:



Activate the Medical Savings Booster on your DiscoveryCard account. Your increased HealthyFood™ savings will be used to fund your day-to-day healthcare expenses if your Medical Savings Account on your Discovery Health Plan runs out.



If you have a Discovery Invest Flexible Investment plan, you can activate the InvestBooster™ on your DiscoveryCard. Your increased HealthyFood™ savings will be used to grow your investment.

You can either activate the Medical Savings Booster or the InvestBooster™ but not both. If you choose any one of these options, your Pick n Pay cash back will fall away but you will still get your cash back from other retail partners.