




Get healthy
Get rewarded

2016

DISCOVERY KeyFIT

THE WELLNESS PROGRAMME EXCLUSIVELY
FOR KEYCARE MEMBERS



Great reasons to choose KeyFIT



Get up to **15%** cash back on thousands of **HealthyFood** items at Pick n Pay.



Get up to **15%** cash back on thousands of **HealthyCare** items at Clicks.



Get up to **15%** cash back on thousands of **HealthyGear** items at Totalsports.



Get active for less at Virgin Active or Planet Fitness health clubs.



Have peace of mind with **funeral cover** for you and your family.

Facilities to help you get healthier

HealthyLiving

Get up to **15%** cash back on thousands of HealthyLiving items. Enjoy a variety of healthy food choices from Pick n Pay, get personal and family care products at Clicks and sports gear at Totalsports.



Up to 15%



Up to 15%



Up to 15%

HealthyCare cash back is converted into store loyalty points and paid onto your Clicks Clubcard.

Activate HealthyLiving benefits on www.discovery.co.za or call 0860 99 88 77.

Get active

The main member and spouse save up to **67%** on monthly gym fees at Virgin Active (excluding Classic clubs) or Planet Fitness (excluding Planet Fitness Platinum) health clubs. Adult dependants 18 years and older save **50%** on monthly gym fees.



Up to 67%



Up to 67%

Incentives and rewards for a healthier lifestyle

Get rewarded

To encourage you to look **after your health**, you can increase your KeyFIT **rewards** by doing a Vitality Health Check. If you have a spouse on your membership, both of you need to do a Vitality Health Check to enjoy the increased rewards.

	➤ Immediate reward	➤ With a Vitality Health Check
	up to 10% HealthyFood cash back	➤ up to 15% HealthyFood cash back
	up to 10% HealthyCare cash back	➤ up to 15% HealthyCare cash back
	up to 10% HealthyGear cash back	➤ up to 15% HealthyGear cash back
	R10 000 funeral cover for you and up to three spouses R5 000 funeral cover for up to five children	➤ R15 000 funeral cover for you and up to three spouses R7 500 funeral cover for up to five children



Vitality Baby offers new and expecting parents a **gift pack** filled with useful information, important baby products and discount vouchers. Get up to **15%** cash back on nappies and other baby essentials with the HealthyCare benefit at Clicks.

Tools to learn about your health

Get healthy

Do a **Vitality Health Check** at any pharmacy in the Vitality Wellness Network. The Vitality Health Check includes:



One Vitality Health Check a year is paid from the Screening and Prevention Benefit on your KeyCare Plan. If a waiting period applies to you or your family, you can only use the Screening and Prevention Benefit when your waiting period is over.

Find more information about KeyFIT on www.discovery.co.za under 'Vitality'. Get all the fitness, nutrition and health support you need online.

KeyFIT monthly contributions



Single member
R43



Member + 1
R53



Member + 2 or more
R65

Follow Vitality on

Facebook



Discovery Vitality

Pinterest



VitalitySA

Twitter



@Discovery_SA



@TeamVitalitySA

Make the smart choice and become a member of the programme that rewards you for leading a healthier lifestyle!



Check your blood pressure to identify possible **health concerns** early



Save up to **67%** at **Virgin Active** or **Planet Fitness**



Know your cholesterol to determine your risk for **lifestyle-related chronic diseases**



Get up to **15%** cash back on HealthyFood at **Pick n Pay**



Know your glucose levels through **health checks**



Get up to **15%** cash back on HealthyCare at **Clicks**



Have a **weight assessment** at a pharmacy in the Vitality Wellness Network



Get up to **15%** cash back on HealthyGear at **Totalsports**



Give your baby the best start in life and encourage healthy behaviour with **Vitality Baby**



Have peace of mind with **funeral cover** for you and your family

TOOLS TO LEARN ABOUT YOUR HEALTH

FACILITIES TO HELP YOU GET HEALTHIER

INCENTIVES AND REWARDS FOR LEADING A HEALTHIER LIFESTYLE

KeyFIT



Please note that all information displayed here is only a summary of the KeyFIT benefits. Specific terms and conditions apply to each benefit.

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