

Vitality Active

Designed specifically for young adults under 30, Vitality Active encourages and rewards you as you get healthier and drive better.

Not only is a healthy lifestyle more enjoyable, it's been proven that members on the Vitality health programme live longer and are less likely to develop lifestyle diseases. Added to this, members on the Vitality drive programme have fewer and less severe road accidents.

Great reasons to join Vitality Active

<p>Get 25% off your monthly gym fees at Virgin Active or Planet Fitness</p>		<p>Earn weekly coffees, smoothies or popcorn for achieving your fitness and drive goals</p>	
	<p>Achieve a 3-in-a-row goal streak to earn surprise rewards</p>		<p>Get up to 100% of your Discovery Life Smart Plan premiums back</p>

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

www.discovery.co.za
Discovery Vitality
@Discovery_SA
@TeamVitalitySA

Discovery_SA
The Discovery app
Download on the App Store
GET IT ON Google Play

Vitality Active member rate	R40 per month
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This rate is for young adults between the ages of 18 and 30. Vitality Active members over 30 pay R60 and only have access to a Vitality health status and Vitality Active Rewards.

Get active. Drive well.

Vitality Active encourages and rewards young adults for getting active and driving well. To get started, download the Discovery app and activate Vitality Active.

Achieve your fitness goal

Reach your personalised, weekly fitness goal to close the fitness ring, by getting active in various ways, including:

- Gym workouts..... **100 pts**
- Using a fitness device... **up to 300 pts**
- 5km parkruns..... **300 pts**
- Timed race events..... **up to 3 000 pts**

Achieve your drive goal

Reach your weekly driving goal to close your drive ring, by driving 100km event-free each week, consecutively, without:

- Cellphone use while driving
- Harsh acceleration
- Harsh braking
- Harsh cornering
- Speeding

Challenge yourself and challenge your friends

Get your friends to join in by challenging them to meet their goals. Track your performance against other members using the in-app dashboard and see how you compare to others on the leaderboards.

Get rewarded.

Close your Vitality fitness and your Vitality drive rings to earn a weekly reward – plus hit a goal streak to get a surprise reward.

<p>Weekly rewards</p> <p>Achieve both goals and choose between a coffee, smoothie, popcorn, airtime or a carwash discount. Hit one goal and you qualify for 50% off the reward of your choice.</p>	<p>Surprise rewards</p> <p>Achieve your fitness or drive goals 3 times in a row for a surprise reward.</p> <p>Dream holidays International flights, resorts, cruises</p> <p>Grand prizes Local trips, investments, electronics</p> <p>Retail rewards Gadgets, spoils, kitchen accessories</p> <p>Bonus rewards Groceries, meals, free rides</p> <p>Core rewards Drinks, snacks, airtime, carwash discounts</p>
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Get **25% off** monthly gym fees with Vitality Active.

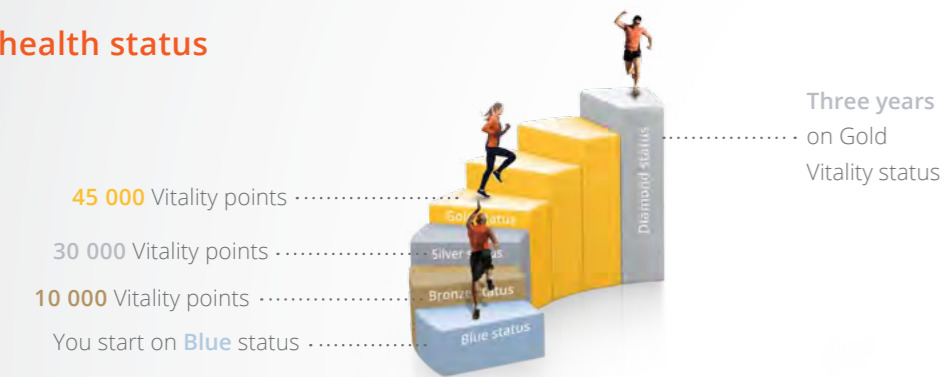


Earn Vitality points to get a Vitality health and drive status

Get a Vitality health status and a Vitality drive status when you earn points to achieve your fitness and drive goals.

When you upgrade to Discovery Vitality or take out a Discovery Insure policy with the Vitality drive programme, you carry forward the status you've achieved. Your Vitality health status can also earn you paybacks and premium discounts on your Discovery Life policy.

Vitality health status



These points thresholds apply to a single-person policy.

Other ways to earn Vitality points towards your health status

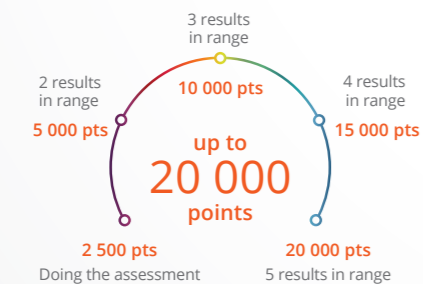
Find out your **Vitality Age** to understand how healthy you are relative to your actual age **2 500 pts**

Complete a **Vitality Fitness Assessment** to see how fit you are **up to 7 500 pts**

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

Your Vitality Health Check includes:

- 01 | Blood pressure
- 02 | Blood glucose / HbA1c
- 03 | Cholesterol
- 04 | Weight assessment
- 05 | Non-smoker's declaration



You can earn extra Vitality points by doing further health checks at a GP or specialist. If you are on a medical scheme plan administered by Discovery Health (Pty) Ltd, one Vitality Health Check a year is paid from the Screening and Prevention benefit.

Vitality drive status



Other ways to earn Vitality drive points towards your drive status

Driver behaviour **up to 900 pts**

Driver performance **SCORE** (acceleration, braking, cornering, speed, night-time driving, distance driven, cellphone use) **up to 850 pts**

Personal goals **50 pts**

Knowledge and awareness **up to 350 pts**

Online driver assessment **50 pts**

Driving courses **150 pts**

EyeGym **up to 150 pts**

Discovery Vitality

Contact us 0860 99 88 77 | www.discovery.co.za



Vitality Active | 2018

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Designed for young adults under 30

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