



DO WELL

KNOW YOUR HEALTH | IMPROVE YOUR HEALTH | GET REWARDED

Discovery Vitality 2014

The wellness programme that rewards you for getting healthier

Vitality helps you to get healthier by giving you the knowledge, tools, personalised wellness programmes and motivation to improve your health. Apart from the fact that a healthy lifestyle is more rewarding, it's been clinically proven that Vitality members live longer and have lower healthcare costs than non-Vitality members. So join today and start the journey to a healthier you and a more rewarding lifestyle.



Access the world of Vitality on www.discovery.co.za or the Discovery app



- ▶ Find out how Vitality works.
- ▶ Complete online assessments to understand your health and join Vitality LiveWell Programmes to get healthier.
- ▶ Log workouts and monitor eating habits to earn Vitality points.
- ▶ Keep track of your Vitality points and get tips to get to Gold Vitality status.
- ▶ Activate your Vitality benefits and access your rewards.
- ▶ Stay up to date on the latest Vitality news and articles to support your healthier lifestyle.

Know your health

Complete online health assessments on www.discovery.co.za



2 000 points

Find out your **Vitality Age** to understand how healthy you are relative to your actual age.



1 000 points

The **Online Fitness Assessment** gives you information about your fitness levels and how to improve it.



1 000 points

The **Online Nutrition Assessment** gives you information about your eating habits and how to improve it.



2 500 points

The **Mental Wellbeing Assessment** gives you information on your mental and emotional wellbeing.

Do a **Vitality Health Check** at an accredited pharmacy or a **Discovery Wellness Day** to find out how healthy you are



Blood pressure
3 000 points*
Boosted to



Blood glucose
3 000 points*
Boosted to



Cholesterol
3 000 points*
Boosted to



Weight assessment
3 000 points*
Boosted to

One Vitality Health Check a year is paid from the Screening and Prevention Benefit if you have a Discovery Health Plan.

* Your points are boosted if your results are in the healthy range.

Do further health checks at a GP or specialist

Pap smear



2 500 points

Mammogram



2 500 points

Prostate screening



2 500 points

Glaucoma screening



2 500 points

HIV test



5 000 points

You'll earn points for the health checks relevant to you, based on your age and gender.

Do a **Vitality Fitness Assessment** at a biokineticist

Learn more about your fitness level at a biokineticist in the Vitality Wellness Network. Earn **2 500 points** and up to **5 000 bonus points** twice a year, depending on your fitness level.



Do a **Vitality Nutrition Assessment** at a dietitian

Learn more about your eating habits at a registered dietitian in the Vitality Wellness Network and earn **up to 7 500 points**.



Improve your health



HealthyFood

Get up to

25%

cash back



Activate the HealthyFood benefit and get up to **10%** cash back at Pick n Pay and Woolworths, on over **11 000** HealthyFood items.

Select either Pick n Pay **or** Woolworths as your preferred partner.

Find out your **Vitality Age** and get up to **15%** cash back at your preferred partner.

Complete a **Vitality Health Check** and then get up to **25%** cash back at your preferred partner.



HealthyCare



Get up to **25%** cash back on HealthyCare products at Clicks.

Activate the HealthyCare benefit and you'll get **10%** cash back at Clicks.

Complete a **Vitality Health Check** and get up to **25%** cash back.

Get up to **25%** cash back on all HealthyCare products and get up to an additional **15%** Clicks ClubCard Cash-back Rewards on all products at Clicks.



HealthyGear



TOTALSPORTS

Get up to **25%** cash back on HealthyGear at adidas and Totalsports.

Activate the HealthyGear benefit and you'll get **10%** cash back at adidas and Totalsports stores.

Do a **Vitality Fitness Assessment** and get up to **25%** cash back.

Get up to **25%** cash back on all HealthyGear at adidas and Totalsports stores. Get up to an additional **20%** cash back when paying with your DiscoveryCard at Totalsports.

Certain limits apply for HealthyFood, HealthyCare and HealthyGear.

Get active and get great savings at fitness partners

Earn **150 points** for each daily workout

Up to 80% savings



Reduced rates

Up to 80% savings

150 points

Up to 80% savings



planetfitness
find your balance

Up to 5 000 points

500 points

150 points



Fitness devices

Earn **150 Vitality points** and **50 bonus points** for every session using one of these web-enabled fitness devices or the Discovery app.

Discovery app



Fitness devices



Make healthier lifestyle choices

Lose weight

Save 30% at these partners. Earn **500 points** for a weight assessment and **2 500 points** for reaching your goal weight.



Stop smoking

Save 80% at these partners. Earn **5 000 points** for being a non-smoker.

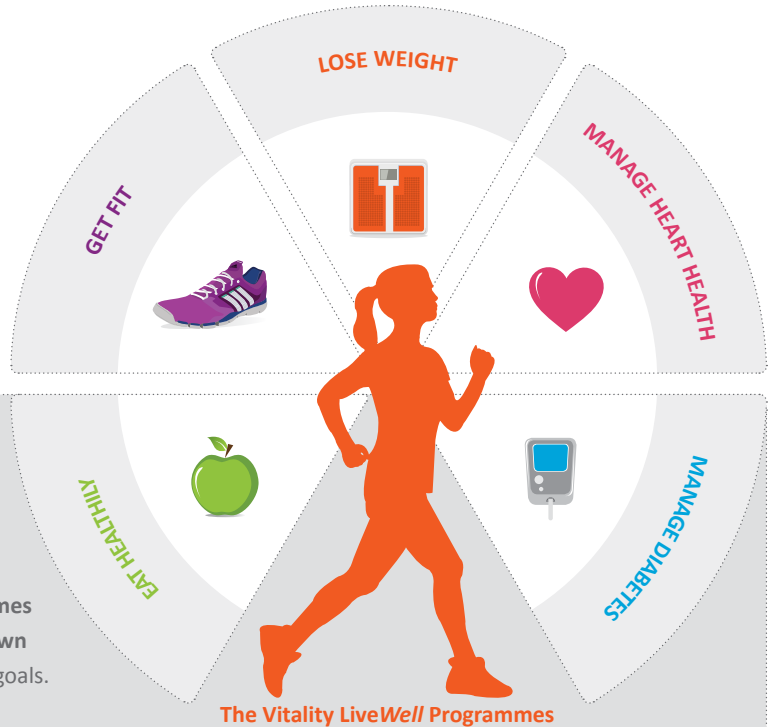


Improve your health – the Vitality LiveWell Programmes

Vitality LiveWell Programmes are tailored to support your individual health needs and to take you on a personalised journey to better health. Each programme uses the latest clinical recommendations and research, and is developed in conjunction with local and international experts. The programmes are designed to keep you motivated and committed to **improving your health and lifestyle behaviours**.

To get started

Find out your **Vitality Age** on www.discovery.co.za and understand how healthy you are relative to your actual age.



Follow a recommended or chosen Vitality LiveWell Programme

There are **five** Vitality LiveWell Programmes that are tailored to support your individual health needs. After finding out your Vitality Age, Vitality will **recommend tailored programmes** according to your health results. You can also **choose your own** Vitality LiveWell Programme based on your personal health goals.

Engaging with the Vitality LiveWell Programmes

The Vitality LiveWell Programmes run over **12-week cycles** and will give you access to **advice, wellness specialists, support** and **tools** to guide you along your wellness journey.



Vitality LiveWell Programmes include a tailored combination of:

Online assessments



Face-to-face health consultations



Biokineticist



Dietitian

Weight, nutrition and fitness trackers



Trackers and apps

Tools, calculators and expert advice



Social support



HealthID



Personalised communication support

Support tools



HealthyFood



Gym



Outdoor activities



Sports club



Meal plans



Weight loss clubs



Recipes



Articles and blogs

Enjoy the rewards

VitalityTravel

Vitality flights

Save up to 35% on local and international flights.

Blue 15%	Bronze 20%	Silver 25%	Gold 30%	Diamond 35%
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Including:

- Six local kulula.com and British Airways (operated by Comair) destinations
- 31 British Airways international destinations
- Over 100 Emirates international destinations
- Eight Qantas international destinations



Vitality Hotel Collection

Enjoy great savings on accommodation in the Vitality Hotel Collection:

- Tsogo Sun
- Protea Hotels
- Madikwe Collection
- Signature Life Hotels
- Legacy Hotels
- Urban Hip Hotels
- Three Cities
- ThornyBush Game Lodges
- Legend Lodges and Resorts
- and over 500 more hotels...

Vitality members save up to 35% on accommodation.

Blue 15%	Bronze 20%	Silver 25%	Gold 30%	Diamond 35%
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With a DiscoveryCard, your saving is boosted up to 50%.

Blue 30%	Bronze 35%	Silver 40%	Gold 45%	Diamond 50%
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Vitality car rental

Get savings on the lowest available rates on car rental at Europcar.

Blue 8%	Bronze 10%	Silver 15%	Gold 20%	Diamond 25%
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Book all travel on **kulula.com**. For more information on flight destinations and hotels, please visit www.discovery.co.za. There will be a booking fee on all travel bookings. Vitality Hotel Collection bookings must be for a minimum of two nights and a maximum of 14 nights, booked at least 21 days in advance. A maximum of 12 local and two international return flights can be booked for each person, each year.

VitalityMobile



Get free calls* to other VitalityMobile members and a 50% data boost

- Get VitalityMobile on a Cell C Straight Up or Straight Up TopUp package.
- For just R29 a month, start calling other VitalityMobile members for free on Cell C's new and improved network!

To get VitalityMobile or for more information, call 084 157 0000 or visit www.discovery.co.za.

*Free calls are subject to a fair usage policy, with a limit of 480 minutes a month. The data boost excludes all promotional and additional data.

Lifestyle and shopping rewards



Up to 15% Clicks ClubCard Cash-back Rewards based on Vitality status.

Blue 5%	Bronze 7%	Silver 9%	Gold 12%	Diamond 15%
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Movies



Get movies for less than half price. Kids see movies for free, once a Kids Vitality Health Review has been completed.

Baby bag



Expectant parents can get a baby bag packed with helpful goodies for baby and mom.

discovery/mall



Get up to 60% off newspaper and magazine subscriptions and access to a wide range of online stores.

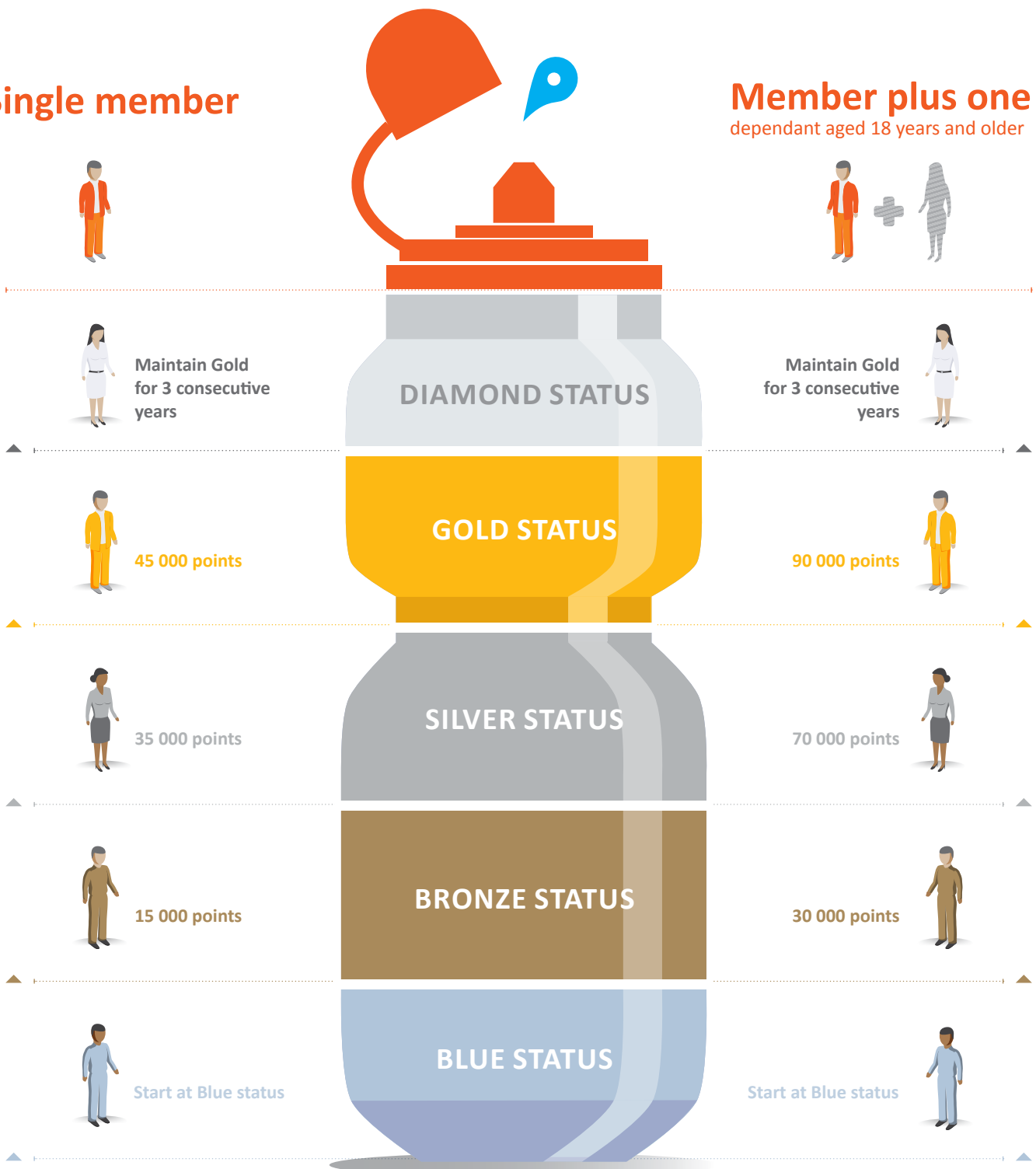
Your Vitality points guide

You'll start at Blue status and as you improve your health and earn Vitality points, you'll move from Blue status to Bronze, Silver, Gold and finally to the highest, Diamond Vitality status.

Single member

Member plus one

dependant aged 18 years and older



For each additional member aged 18 years and older, add: 10 000 (Bronze), 20 000 (Silver), 30 000 (Gold).

Not a Vitality member yet? To join Vitality or to find out more, visit www.discovery.co.za, call 0860 99 88 77, or contact your financial adviser or your company's HR representative.

To apply for your DiscoveryCard, call 0860 11 22 73 or SMS the word 'DiscoveryCard' followed by a space and your ID number to 31347, and we will call you back.

Discovery Vitality

Member | R169

Member + 1 | R199

Member + 2 or more | R225

Please note that all information displayed in this brochure is only a summary of the Vitality benefits. Specific terms and conditions apply to each benefit.

Be Rewarded with DiscoveryCard



With a DiscoveryCard, you get **better savings and bigger rewards**, just for spending. If you're a Vitality member with a DiscoveryCard, you can **earn cash back** when you shop, get up to 25% cash back on **HealthyFood** at **Pick n Pay** and **Woolworths**, multiply your **Pick n Pay smart shopper points**, boost your savings in the **Vitality Hotel Collection**, and earn **Discovery Miles** by activating the benefit. The higher your Vitality status, the better your rewards. You can also get up to **55 interest-free days**, and manage your money better with online access to your account.

Get up to 20% cash back in the DiscoveryCard store network



Cash back based on Vitality status	Blue	Bronze	Silver	Gold	Diamond
More than 5 years	10%	12%	14%	15%	20%
3 to 5 years	10%	11%	12%	13%	15%
Less than 3 years	10%	10%	10%	10%	N/A

Cash back is limited to a maximum of R2 000 per month.

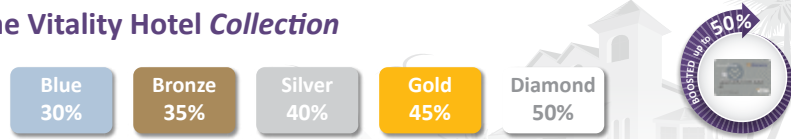
DiscoveryCard holders get up to 25% cash back on HealthyFood at both Pick n Pay and Woolworths

Activate the HealthyFood benefit and get up to **10%** cash back at Pick n Pay and Woolworths. Find out your Vitality Age and get up to **15%** cash back at **both partners**. Complete a Vitality Health Check and then get up to **25%** cash back at **both partners**.



Boosted savings on accommodation in the Vitality Hotel Collection

With a DiscoveryCard, your saving on accommodation in the Vitality Hotel Collection will be boosted up to **50%**. Your boosted saving is based on your Vitality status.



Get up to 22% cash back with our travel partners

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



Multiply your Pick n Pay smart shopper points by up to 10 times

With a DiscoveryCard, you can multiply your Pick n Pay smart shopper points by up to **10 times** with the DiscoveryCard smart shopper Multiplier. The higher your Vitality status, the more we multiply your points.



Limits apply.

Shop online through discovery/mall



Shop online at a wide range of **e-tailers** through our online portal, **discovery/mall**.

Choose from entertainment products and toys, sports and outdoor equipment, subscriptions and vouchers, fashion and accessories, house and home supplies, flights, movies – and much more – at partners like **kalahari.com**, **TAKEALOT.com**, **Loot.co.za**, **Yuppiefchef**, **Hirsch's**, **Ster-Kinekor** and **kulula.com**. Buy the latest Apple products on **iStore** interest free through discovery/mall.

Best of all, you can pay with your DiscoveryCard, **Discovery Miles** or a combination of both.

Earn and spend Discovery Miles

Earn Discovery Miles

Activate **Discovery Miles** and you can **earn extra rewards** as you **spend**. The more you use your DiscoveryCard, the more you'll get! **Discovery Miles** is the e-currency you earn with your DiscoveryCard. For a yearly fee, you can earn **one** Discovery Mile for **every R12** qualifying spend on your DiscoveryCard.

Spend Discovery Miles

- **Shop** online through **discovery/mall**
- **Pay** for your local flights on **kulula.com** and accommodation at **Tsogo Sun**.
- **Convert** your Discovery Miles to **British Airways Avios** or **SAA Voyager Miles**.
- **Increase your cash back** at **Contiki**, **Royal Caribbean International** and **World Leisure Holidays**.



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