



In partnership with
Pick n Pay



HealthyFood Saver



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

The HealthyFood Saver benefit makes healthy eating easier by:

- making healthy food more affordable
- helping you identify healthy choices when you shop.

Increase your cash back up to 15%

Remember that if you have only completed your Vitality Health Review, you will immediately qualify for up to 10% cash back on thousands of HealthyFood items. You (and your spouse if applicable) must complete a Vitality Health Review **every rolling 12-month period** to continue qualifying for this benefit.

To increase your cash back up to 15% make sure you, and if you are on a family policy, your spouse goes for your Vitality Health Check and a HIV test. The health checks involve testing your Body Mass Index, glucose, blood pressure and cholesterol. The tests will benefit you by helping you identify any health risks you have. They will also tell you if you are at risk of getting any lifestyle-related chronic conditions. By taking these simple steps you can look after your health and your pocket.

To maintain this cash back you (and your spouse, if applicable) must complete these health checks and HIV test in January every year.

What is HealthyFood

A HealthyFood is a food that is nutrient-rich, low in saturated fat, added sugars, salt, and cholesterol, and without any trans fatty acids. These foods are good sources of vitamins, minerals and sometimes fibre and usually have a low calorie-density. These are all foods that have health promoting properties.

HealthyFood includes vegetables, fruit, unrefined carbohydrates that are high in fibre, protein-rich foods, dairy products, lentils and legumes, and healthy fats and oils. These have been shown to help prevent lifestyle related chronic diseases such as diabetes, heart disease, and certain cancers. So, you can enjoy a variety of HealthyFood that promotes better health and you'll get great cash back too.

Items that qualify for the HealthyFood cash back

The selection criteria for the HealthyFood benefit, were compiled by a team of top nutrition and health experts, and currently incorporate nationally and internationally accepted dietary guidelines. These guidelines address high-risk dietary practices that are associated with chronic disease risk.

How to activate your benefit

- You automatically qualify for the HealthyFood Saver benefit on your Benefit Option. This applies even if you have not selected Vitality.
- Even though you qualify for the HealthyFood Saver benefit, you need to activate it to make use of it.
- Make sure you are registered on www.yourremedi.co.za and are logged in.
- Once you have logged in, activate the HealthyFood Saver benefit by clicking on the link. You can also opt in by calling the Vitality call centre on 0860 116 116, select option two for Vitality and speak to a call centre agent.
- Get cash back of up to 10% on HealthyFood when you, and if you are on a family policy, your spouse, complete a Vitality Health Review.
- Increase your cash back up to 15% by going for your Vitality Health Check and have a HIV test to learn more about your health status.

Earn your rewards

Once you have activated the benefit, you will get a welcome pack with your new HealthyFood card. Swipe your HealthyFood card at the till, before the cashier rings up your purchases and then pay as usual.

If you have a DiscoveryCard, your HealthyFood Saver benefit will be activated on your DiscoveryCard. Swipe your DiscoveryCard at the till, before the cashier rings up your purchases and then **again** to pay.

Important points to remember

- You'll get cash back on a maximum of R250 (for single members) or R500 (for family memberships) spent on HealthyFood a month. The amount of cash back you get is a percentage of the amount you spend on HealthyFood.
- To maintain the 10% cash back you and your spouse will need to do your Vitality Health Review every rolling 12 month period.
- To maintain the up to 15% saving you and your spouse will need to do your Vitality Health Check and HIV tests at the beginning of each year.
- If you have Vitality through Discovery Life, or you wish to activate Vitality, your Vitality policy will allow you to activate the HealthyFood benefit, which will replace your HealthyFood Saver benefit and can give you even greater cash back.

Stay in touch

Terms and conditions apply. If you have any questions or need more information about this benefit and a set of the full Vitality rules, please visit www.discovery.co.za and click on Discovery Vitality. For more on the HealthyFood Saver benefit, please call 0860 116 116 or visit www.yourremedi.co.za



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