



VITALITY ACTIVE GUIDE

Know your health. Get active. Get rewarded.

Vitality Active encourages and rewards you as you get healthier. With discounted gym visits, up to 25% back in Discovery Miles on HealthyFood items, discounted movies, weekly rewards and more, being healthier has never been more rewarding.

1 What is the Vitality Active programme?

Vitality Active is a wellness programme that helps you to get healthier through preventive screening and personalised, weekly Exercise goals. It also rewards you for taking these actions.

Here's what you can enjoy as a Vitality Active member:

- Access Vitality Fitness:
 - Get up to 8 free workouts a month at any fitness facility in the Vitality Fitness Network based on your Vitality Health status (excludes Virgin Active and Planet Fitness). For a limited time, save up to 75% on a monthly local gym club membership at Virgin Active.
- If you do not have a gym membership, you can try the gym out by booking a class at Virgin Active or get an access pass at Virgin Active and Planet Fitness. Your first 3 once-off workouts at Virgin Active and Planet Fitness are free. Get rewarded every time you achieve your goals with Vitality Active Rewards and use your Discovery Miles on a range of rewards (from coffees and smoothies to shopping and entertainment rewards) in the Vitality Mall.
- Get up to 25% back in Discovery Miles on HealthyFood items at Checkers or Woolworths in-store or delivered to your door.
- Enjoy your favourite movies at up to 50% off at Ster-Kinekor.
- Fully fund a fitness device on a flexible, month-to-month subscription, up to R300 per month, by achieving your weekly Vitality Active Rewards Exercise goals.
- Get up to 25% off on Oura Ring 4 up to the value of the Black or Silver finishes.
- Engage in the HealthyWeight programme at discounted rates
- Earn 1000 Vitality points when you engage on the HealthyWeight programme or learn more about your eating habits at a dietitian
- Get an upfront discount of 20% on bookings within the Discovery Vitality Padel network through the Playtomic app.

2 Who may use Vitality Active?

Vitality Active is available to adult members from medical schemes administered by Discovery Health (Pty) Ltd as well as Discovery Flexicare.

If you're a Discovery Life client, to qualify for Vitality Active, you need to have a Discovery Life product with a monthly premium of R100 or more. Vitality Active is also available to Discovery Group Risk members.

If you are a Vitality Active member on a Discovery Health plan or Discovery Life policy, you cannot be a Vitality Premium member at the same time.

3 What you pay

As the main member on the Vitality Active programme, you will pay a premium of R159 per month. For each adult added to the programme, you will pay R159 per month. Children under the age of 18 years do not get Vitality Active, even if they are on the main member's health plan.

4 What you get

4.1 Vitality HealthyFood benefit

The Vitality HealthyFood benefit helps you to take better care of yourself and your family by rewarding you for eating healthily provided you meet the [Rewards Qualifying Rules](#). We'll give you up to 25% back in Discovery Miles on qualifying HealthyFood items like fresh fruits, fat-free milk and whole grains that you buy from:

- Checkers and Woolworths for in-store purchases, and
- Checkers Sixty60 and Woolworths online, Woolies app and Woolies Dash for online shopping.

If you have a qualifying Discovery Bank product with Vitality Money, you can boost your rewards to up to 75% back in Discovery Miles.

For more information, read the [HealthyFood benefit guide](#).

4.2 Vitality Active Rewards

Vitality Active Rewards encourages and rewards you for living well. When you achieve your Exercise, Drive or Spend goals, you can do one of the following:

- Choose an instant reward, like a coffee, or donate to the latest MoveToGive initiative.
- Wait to play the gameboard on Rewards Wednesday to earn Discovery Miles – our rewards currency that you can spend on a range of exciting items in the Vitality Mall.

For more information, read the [Vitality Active Rewards benefit guide](#).

Discovery Bank clients have access to an enhanced Vitality Active Rewards in the Discovery Bank app. [Find out more](#).

4.3 Vitality Fitness

Vitality Fitness is a first of its kind integrated exercise platform. Browse facilities in the expanded Vitality Fitness network. Book and pay for a workout in a few taps. Earn Vitality points to achieve your exercise goals and get rewarded - all in the Discovery app.

Vitality Active members get up to 8 free visits per month across the Vitality Fitness Network based on your Vitality Health status (excludes Virgin Active and Planet Fitness).

If you do not have a membership, you can try the gym out by booking a class at Virgin Active or get an access pass at Virgin Active and Planet Fitness. Your first 3 once-off workouts at Virgin Active and Planet Fitness are free.

Vitality Fitness is powered by **Vitality Pay** and **Discovery Bank**. For more information, read the [Vitality Fitness terms and conditions](#).

4.3.1 Vitality Active Gym offer

From 1 November 2023 to 31 December 2026: Vitality Active members with a qualifying Discovery Bank account who join Virgin Active through the Discovery app, enjoy up to 75% off every month on a local club gym membership only.

Choose from over 125 clubs, pay the once-off activation and club access card fees, and work out at the gym at least 36 times in a rolling 12-month period to keep your maximum monthly gym fee saving.

Applies to Virgin Active Club memberships. [Limits, terms & conditions apply](#).

4.4 Discovery Vitality Padel benefit

Padel has taken South Africa by storm and, as a Vitality Active member, you have access to a 20% upfront discount on bookings within our Discovery Vitality Padel network through the Playtomic app. You also get exclusive court bookings four weeks in advance through the Playtomic app, for facilities within the Discovery Vitality Padel network.

Read the [Vitality Padel benefit guide](#) to learn more.

4.5 Team Vitality

Join South Africa's most rewarding running and cycling club and get access to a range of new and exciting benefits, including:

- A premium Team Vitality race kit
- 25% back on selected race event fees
- Experiencing a warm sense of community after select races at our VIP hospitality tent.

There's these and so much more to enjoy with Team Vitality!

Read the [Team Vitality benefit guide](#) to learn more.

4.6 Vitality Active fitness device benefit

Vitality Active members can get a fitness device on a flexible, month-to-month subscription. Choose a fitness device over a 24-month subscription period, after which you will own it.

You can also fully fund your fitness device, up to R300 per month, by achieving your weekly Vitality Active Rewards Exercise goals. The table below shows you how you can do this. For more information, read the [Vitality Active fitness device benefit guide](#).

| Weekly Exercise goals achieved in a month | Monthly subscription fee discount |
|-------------------------------------------|-----------------------------------|
| 0 – 1 goal | 0% off |
| 2 goals | 50% off |
| 3+ goals | 100% off |

4.7 Up to 25% on Oura Ring 4

Qualifying members get a discount of up to 25% on select styles of Oura Ring 4, including a 12-month Oura Membership, depending on the benefit limits.

For more information, read the [Oura Ring 4 benefit guide](#).

4.8 HealthyWeight

As a Vitality member, you have access to the HealthyWeight Programme. This programme is designed to support you through your entire weight-management journey. From food shopping to cooking and meal preparation, your very own nutrition coach will send you daily encouragement and personalised support to help you stay on track to achieve your weight-management goals. This is offered at discounted rates, and you can earn 1,000 points.

| Minimum contract period | Monthly rate |
|-------------------------|----------------|
| 6 months | R295 per month |
| 3 months | R395 per month |

Read the [HealthyWeight Programme benefit guide](#) to learn more.

4.9 Vitality Active Ster-Kinekor movie benefit

If you are a Vitality Active member, you can experience the latest movies at up to 50% off when you activate your Vitality Active Ster-Kinekor movie benefit. Vitality Active members pay half price for a 2D, 3D and Cinema Nouveau ticket. You get 25% off for a Cine Prestige, National Theatre Live, D-Box or IMAX movie ticket.

For more information, read the [Ster-Kinekor benefit guide](#).

4.10 Vitality Health status

Every time you do healthy activities, like going for a Vitality Health Check or getting physically active, you can earn Vitality points and increase your Vitality Health status. The healthier you get, the higher your Vitality Health status. If you are a Discovery Life client, you can take advantage of integration benefits linked to your Vitality status.

Here's how you can boost your Vitality Health status:

- Take a proactive approach to learn about your health by going for various health checks.

- Get active and reach your weekly Exercise goals.
- Find out your Vitality Age to understand how healthy you are in comparison to your actual age and earn 1,500 Vitality points.
- Complete a Vitality Health Check to earn thousands of Vitality points, depending on how many of your results are in range.

Then, get your Vitality Cardio Fitness Level reading to understand your fitness level and earn up to 10,000 Vitality points, depending on how fit you are

For more information on what assessments you can do to earn points, read the [Summary of Vitality Health Points](#).

5 Vitality Active members who joined before 1 July 2021

5.1 Vitality Active Funeral Cover

Vitality Active members who joined before 1 July 2021 get automatic cover on a funeral policy underwritten by Discovery Life and administered by Discovery Vitality. If you joined Vitality Active before 1 July 2021 and have done a Vitality Health Check, you get boosted funeral cover of R30,000 for the year in which you complete your Vitality Health Check and the year after that. When you activated the Vitality Active programme, you were covered for R15,000.

Your funeral cover policy will have a unique policy number. Please make sure your details and your beneficiary details are up to date in case there is a claim. Update your details by completing the [beneficiary nomination form](#) and emailing it to Funeral_Beneficiary_Forms@discovery.co.za.

To activate your funeral cover policy, we need you to opt in to the new funeral cover policy benefit. If you do not opt in and a beneficiary submits a claim, we will still honour that claim on a case-by-case review in line with the existing claims process and rules.

Please opt in if you haven't already done so.

Read the [Vitality Active Funeral Cover benefit guide](#) for more information.

6 Limits that apply

Yearly limits for physical activity points only apply to your Vitality Health status but not to Vitality Active Rewards. This means that all physical activity points (depending on the daily points rules) will count towards reaching your weekly Vitality Active Rewards goals, regardless of whether you have reached the yearly limit on physical activity points.

We will only award you with points for one fitness event a day. If you complete two fitness activities in one day, then we will award you with the higher points between the two. For more information about earning fitness points, please see our [fitness points table](#).

7 Your privacy is important to us

We will process the personal information of all members on the Vitality Active membership in accordance with the [Vitality Main Rules](#) and [Privacy statement](#). We do this so we can manage their Vitality Active membership and associated benefits, where applicable.

By using the Vitality Active programme, you agree that Discovery Vitality may process your personal and payment or transactional information, where relevant to a particular benefit, to effectively administer the programme and associated benefits. We will do this in accordance with the [Vitality Main Rules](#), relevant benefit or campaign rules and [Privacy statement](#). Download the latest version of the Discovery app. You will need a compatible iOS or Android smartphone to access Vitality Active.

8 Ending this programme

If you decide to end this programme, you will not be able to use any of the benefits. We will not refund any fees you have paid for Vitality Active or its benefits.

9 Stay in touch

In addition to the respective benefit rules, participation in the Vitality Active programme is also governed by the Vitality Main Rules. If you have any questions or need more information about this product, please visit www.discovery.co.za and tap on **VITALITY** or call 0860 99 88 77.

Download the  Discovery app.

Keep up to date with the latest news from Vitality: Follow Discovery Vitality on [Facebook](#), [Instagram](#), [X \(previously Twitter\)](#), and [YouTube](#).

Not a Vitality member? Visit www.discovery.co.za or SMS **Vitality** to 48030 to join.

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