

# The next evolution of HealthyFood

Checkers and Checkers Sixty60 has been introduced as the new Vitality HealthyFood partner, with members being able to choose a primary in-store partner and a primary online grocery partner. Members can earn up to 75% back on thousands of HealthyFood items.

Enhanced HealthyFood benefit for 2024. To maximise the reward, simply follow the 4 easy steps.









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	Activate the benefit	Online Vitality Age and do a Vitality Health Check
Primary online grocery partner and in-store partner	10 %	25%
Other Partners	0%	10%

- Discounts apply separately to each member of the policy based on their engagement in the Vitality Age assessment and Vitality Health Check.
- You are able to change your primary partner once a year.
- Benefit will go live in 2024. Additional details will be provided closer to the golive time.



## **Exercise anywhere with Vitality Fitness**

In 2024, Vitality will be addressing individual exercise needs through Vitality Fitness, which is an integrated exercise ecosystem which allows members to book and pay for classes seamlessly in the app, join the gym and engage with fitness facilities to earn Vitality points.

**Book a class** - Choose from over 400 exercise facilities and book a class in the expanded Vitality Fitness network. Plus, get 24 free visits a year. Members will need a qualifying Discovery Bank Account with Vitality Pay activated to book classes, make payments and qualify for the 24 free visits a year.

In addition, the 2 free visits are calculated monthly, and if not used by the end of the calendar month, they expire.

**Join a gym** - Instantly activate a Virgin Active or Planet Fitness membership in the Discovery app and save up to 75% on monthly membership fees. Plus, pay a flat activation fee of only R499. The Join Gym journey can be used by members with a qualifying Discovery Bank account.

**Pay-as-you-gym** - Use a smartphone camera to scan the QR code at Virgin Active or Planet Fitness and train on a pay-per-visit basis from R75. The first three visits to each facility are free.

**Exercise outdoors** - Join Team Vitality.

Introducing Vitality's partnership with Africa Padel – SA's leading Padel provider. Get advanced booking access to any of their 14 Clubs (62 courts) and a 20% discount from November 2023. The number of bookings are not limited, and all adult members on the Vitality policy have access to the benefit.

Please refer to the <u>attached brochure</u> for details of the benefits and the terms and conditions applicable.





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# Engagement with the Vitality Health Check

**Vitality Health Check:** From the 1st of January, members can earn up to 22 500 points for completing their Vitality Health Checks.

## **Vitality Health Check base points:**

Vitality is doubling the base points members can earn to 5 000 points for completing a Vitality Health Check.

Additional Vitality Health Check points can be earned by members in 2024. The reason for this adjustment is to encourage members to address highrisk areas, enabling members to earn up to 17 500 additional points based on the outcomes of the VHC tests. Additional points will be awarded for

VITALITY POINTS FOR A VITALITY HEALTH CHECK					
In-range results	0 high- risk resuts	1 or more high- risk results			
5	22,500				
4	15,000	5,000			
3	10,000	5,000			
2	7,500	5,000			
1	5,000	5,000			

having 2 or more metrics in range provided no results are classified as high risk.

#### **Cardio Fitness:**

Cardio fitness is how well the body supplies oxygen during sustained periods of physical activity and is clinically proven to be a good measure of mortality. VO2 max is the most reliable and valid measure of cardio fitness. For this reason, Vitality members can earn up to 10,000 Vitality points depending on their VO2 max estimates measured via an Apple, Garmin or Samsung fitness device – point allocation is indicated in the table on the right:

Fitness level	Points	
5	10,000	
4	7,000	
3	4,500	
2	2,500	
1	1,000	

Please refer to the brochure for the details on this new point earning health measure.

# Vitality fitness points update for 2024

From 1 January 2024, Vitality will expand the ways members can earn Vitality fitness points, recognising short, high-intensity workouts and long, light-intensity workouts.

Fitness Points	50	100	200	300
Workouts	Online workout 30+ minutes	Gym workout 30+ minutes		
Steps	5,000 – 9,999 steps	10,000+ steps		
Speed		30+ minutes		
Light workouts (60–69% of max heart rate)		30 – 50 minutes	60 – 89 minutes	90+ minutes
Moderate workouts (70 79% of max heart rate)		15 – 29 minutes	30 – 59 minutes	60+ minutes
Vigorous workouts (80%+ of max heart rate)		15 – 29 minutes		30 – 59 minutes

## **Recognising Shorter Workouts**

Members who prefer doing shorter workouts at a moderate or high intensity of over 70% of their agerelated maximum heart rate can now earn 100 points.

## **Recognising Endurance Training**

Members who do longer workouts at a light intensity of 60–69% of their age-related maximum heart rate can now earn 200 points for a workout of 60–89 minutes and 300 points for a workout longer than 90 minutes.



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## Vitality updates for 2024

**Discovery Miles:** From 1 October 2023, members can pay with Discovery Miles on the Takealot app.

Members will continue to get up to 15% off when spending their Discovery Miles and up to 30% on the 15th of every month.

**Vitality Active Gear:** From 1 January 2024, the Discovery Bank boost for fitness devices and Nike performance gear will be removed.

Members can continue to get up to 50% off by finding out their Vitality Age, completing a Vitality Health Check and achieving their Vitality Active Rewards exercise goals.

**Vitality High Performance Fitness Assessment:** Due to low engagement in previous years, members will no longer be able to do the Vitality High Performance Fitness Assessment.

Members will be able to earn up to 10,000 Vitality points based on their VO2 max in 2024.

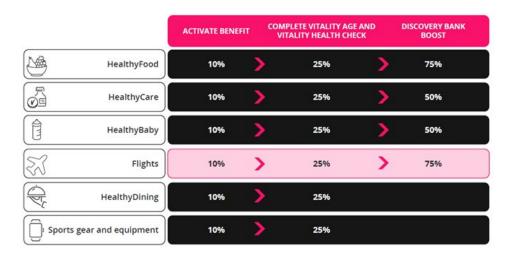


# Aligning the Vitality Travel discount mechanisms to other Vitality Benefits 2024:

Increase the Vitality flight discount by knowing your health and get boosted discounts with Discovery Bank

- By activating the benefits members will receive a 10% discount.
- The discount benefit will increase to 25%, when a member goes online and complete the Vitality age check and do a Vitality health check.
- This discount can be boosted up to 75% with Discovery Bank.

Each adult member's discount will depend on their engagement with the programme.







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Aligning Vitality Travel

**Health Consulting** 

# **Client Support Team**

Need help or advice? Our in-house team guarantees you access to a consultant from Monday to Friday during normal working hours. Get in touch with us today:

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