

The Get to Gold starter pack



Know Your Health



- 01 | Complete your Vitality Age assessment online | 2500 pts.
- 02 | Activate your Healthy Food and Healthy Gear benefit and select your preferred partner stores.
- 03 | Download the Vitality Brochure.



Complete your Vitality Health Check at a wellness centre | up to 20 000 pts.

- 01 | Blood Pressure
- 02 | Blood Glucose
- 03 | Cholesterol
- 04 | Weight Assessment
- 05 | Non-smoker's Declaration

2500; 2 in range 5000, 3 in range 10000, 4 in range 15000, 5 in range 20000. One Discovery health check a year is paid from your screening and prevention benefit on Discovery administrated health plans.



Do your HIV test | 5000 pts.



You now qualify for **25% Cash Back** on Healthy Food and Living Items



Improve your Health



Choose to buy Healthy food | up to 12 000 pts.
Remember to swipe your healthy food / credit card after each purchase



Complete a Vitality Fitness Assessment at a biokineticist | up to 7500 pts.
(The fee for this assessment is +-R 375)

You now qualify for **25% Cash Back** on Healthy Gear Items



Take part in the weight loss programme | up to 2800 pts.
Step 1: Do a verified weigh-in during your health check
Step 2: Select a personal weight loss goal
Step 3: Track your progress weekly with a self weigh-in
Step 4: Go for a verified weigh-in at the end of each 12 week cycle

Achieve your Weight Loss Rewards and boost your Healthy Food Cash Back to 50% for 3 months.

Get Active



Walk 5000 steps a day | 50 pts. (1000*)
Walk 10 000 steps a day | 100 pts.



Exercise with a heart rate monitor | up to 300 pts.

- 01 | Download the Discovery app on your smartphone.
- 02 | Within the Vitality tab of the application click on "devices and apps".
- 03 | Click on "Link device or app".
- 04 | Select SHealth /Health or link your fitness device.
- 05 | Ensure that your SHealth/health application or fitness device syncs from time to time, to make sure your steps are up to date.



Go to the gym | 100 pts.

Activate your Active Rewards and earn weekly rewards for achieving your goals!



Earn an Apple watch by achieving your weekly goals!



*All Benefits as per t's & c's of Discovery

Expert guidance with your short- and long-term insurance, investment and retirement needs.

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