



VITALITY ACTIVE BENEFIT GUIDE

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Know your health. Get active. Get rewarded.

Vitality Active encourages and rewards you as you get healthier. With discounted gym visits, up to 20% back 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 this.

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

- For a limited time, save up to 75% on a gym club membership at Virgin Active.
- Only pay when you train with Vitality Pay as You Gym from as little as R75 per visit.
- Get rewarded every time you reach your goals with Vitality Active Rewards, and redeem your Discovery Miles for a range of rewards (from coffees and smoothies to shopping and entertainment rewards) in the Vitality Mall.
- Get up to 20% back on HealthyFood items at Pick n Pay or Woolworths.
- Enjoy your favourite movies at up to 50% off at Ster-Kinekor.
- Fully fund a fitness device on a flexible, month-to-month subscription basis by achieving your weekly Vitality Active Rewards exercise goals

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

The main member on the Vitality Active programme will pay a premium of R129. Each adult added to the programme will pay R79. 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. We'll give you up to 20% back on the HealthyFood items that you buy from Pick n Pay or Woolworths, such as fresh fruits and vegetables, fat free dairy products, wholegrain foods and more. If you have a qualifying Discovery Bank product with Vitality Money, you can boost your rewards to up to 70% back.

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 Active Gym offer

From 1 November 2023 to 31 December 2024, Vitality Active members with a qualifying Discovery Bank account can join Virgin Active through the Discovery app and enjoy up to 75% off every month on a gym membership. 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 Vitality Pay as you Gym benefit

Access any Virgin Active or Planet Fitness gym on a pay-per-visit basis with no contract or monthly subscription. This excludes Virgin Active Collection Clubs.

Pay gym fees from as little as R75 to R100 with Vitality Pay as you Gym and Discovery Pay. For more information, visit the webpage.

Note: If you have a Vitality Gym benefit, the Vitality Pay as you Gym benefit will not be available to you.

4.5 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 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

4.6 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.

4.7 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 1,000 Vitality points.
- Complete a Vitality Health Check to earn thousands of Vitality points, depending on how many of your results are in range.
- Then, go for a Vitality Fitness Assessment to understand your fitness level and earn up to 7,500 Vitality points, depending on how fit you are.

For more information on what assessments you can do to earn points, read the Vitality screening and prevention benefit guide.

4.8 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
- 50% back on many top races
- Experiencing a warm sense of community after select races at our VIP hospitality tent
- 50% off your Strava subscription
- And so much more!

Read the Team Vitality benefit guide to learn more.

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 new funeral cover policy with Vitality Active 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 new 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 fitness points only apply to your Vitality Health status but not to Vitality Active Rewards. This means that all fitness 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 of 30,000 Vitality fitness points.

Points will only be awarded 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

The personal information of all members on the Vitality Active membership will be processed in accordance with the [Vitality Main Rules](#) and [Privacy statement](#) for the purpose of administering their Vitality Active membership and associated benefits, where applicable.

By using the programme, you agree that Discovery Vitality may process your personal and where relevant to a particular benefit, payment and/or transactional information to administer the programme and associated benefits effectively. This will be done 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 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, Twitter, and YouTube.

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

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Last updated: March 2024