

## WHAT VITALITY OFFERS VITALITY KIDS

Vitality provides families with the tools and benefits needed to help raise healthy children. These help the entire family take care of themselves, eat well and get active.

### Who can use these benefits?

Any child dependent under the age of 18 on Discovery Vitality can use the benefits offered by Vitality Kids. Once a child turns 18, the benefit will no longer be available to them.

Kids have access to a variety of benefits and assessments designed to reward them for healthy behaviours. These include:

- 1) Participating in age appropriate assessments and health checks
- 2) Access to exercise partners
- 3) Movie rewards
- 4) Vitality Active Rewards for Teens age 14 – 18.

### 1. Kids assessments

Assessment	About	Where	Ages
Kids Vitality Health Check	Make sure your kids are developing at a healthy rate. It measures height, weight and other important factors that can help you understand the status of your child's health.	Vitality Wellness Centre, a Pharmacy in the Wellness Network, Discovery Store or at a Discovery Wellness Day.	2-18
Vitality Kids Health Review	This is an assessment of your child's general health and identifies areas you have to be aware of for a healthy lifestyle.  Don't forget to do the Kids Vitality Health Review once	Online at <a href="http://www.discovery.co.za">www.discovery.co.za</a>	0-18

	every 12 months for each child to qualify for free movies for your child at Ster-Kinekor.		
Dental Health Check	Helping children develop healthy habits to care for their teeth while they are young is important. These habits can set the stage for good oral health care throughout their life.	Any dentist	2-18
Optometry visit	Studies have shown that early detection and intervention is essential in correcting visual problems. This is why we encourage you to take your children for an optometry screening during this age range.	Any optometrist	3-5
Vaccinations	Good nutrition and strong immunity are the building blocks for fighting infection and disease. By taking your children for their childhood vaccinations, you're helping to reduce their risk of serious disease. Your kids will earn 500 Vitality points per vaccination event.	Any approved pharmacy/clinic sister If you are a Discovery Health member you can read how your health plan covers these vaccinations or contact us if you want more information. If you only have a Discovery LIFE PLAN, you will have	4-7

		to pay for these vaccinations.	
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## 2) Physical activity for kids

Vitality kids can participate in various forms of physical activity.

In order for the gym facility to be able to share your child's gym visits with Discovery Vitality, you will need to load a self-paid membership which will allow this data to be shared.

### **At Virgin Active**

Children younger than 18 years old get 30% off the standard monthly fee – but only if you or your partner use the Vitality gym benefit and if they are not members of Club-V or Club-V Max.

There are also services specifically for children at 50% off the standard monthly fee – but only if you or your partner use the Vitality gym benefit:

- Club-V – a kids only Active Play area for children from six weeks up to eight years.
- Club-V Max – a kids' fitness programme for children from six weeks up to 13 years.

### **At Planet Fitness**

Children younger than 18 years old can use the health club for free (except for Planet Platinum & JustGym Clubs) but only if you or your spouse use the Vitality gym benefit.

## 3) Rewards

### **Vitality Kids get rewarded with free movies at Ster-Kinekor**

Children older than two and younger than 18 years old can watch movies for free before 19:00 at selected Ster-Kinekor cinemas. Once you complete a Kids Vitality Health Review online for your children, the free movie benefit is available for 12 months.

You will need to complete the Kids Vitality Health Review for each child before the Ster-Kinekor system will recognise that your child qualifies for the benefit. You can check this on [www.discovery.co.za/portal/individual/vitality-kids-teens](http://www.discovery.co.za/portal/individual/vitality-kids-teens)

Download the latest version of the Discovery app and activate the Vitality Ster-Kinekor movie benefit to get started. To access your digital Vitality Ster-Kinekor card, go to the 'Digital cards' section on the Discovery app.

All Discovery Vitality members including dependents can enjoy Vitality movie rewards. As the main member, your digital card will be updated to include all of your dependent's card numbers so that you can book discounted movies for everyone to enjoy.

### **Get rewarded for healthier choices with HealthyDining**

Ordering healthy meals can be difficult. With Vitality's HealthyDining benefit, we have taken the guesswork out of choosing healthier options on the menu. With the HealthyDining benefit we reward you with up to 25% cash back for making the healthier choice, plus 50% cash back for Vitality kids' meals (for children up to the age of 12).

You can order with Uber Eats and enjoy your HealthyDining benefit from the comfort of your own home. Link your Uber Eats app to Vitality. Choose any selected healthy meal option from our selected restaurant partners on Uber Eats and get cash back. You don't need to scan your receipt, Uber Eats purchases are sent directly to Vitality.

You can dine in a restaurant and enjoy a healthy meal at one of our HealthyDining restaurant partners and choose a selected healthier meal option. Scan your receipt using the Discovery app to get cash back for your healthy choices.

Our partners include Col Cacchio, Doppio Zero, Nando's, Mugg & Bean, Uber Eats and more.

### Find out more

If you have any questions or need more information about the Vitality Kids benefit, go to [www.discovery.co.za](http://www.discovery.co.za). You will also find a full set of Vitality rules. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will apply at all times.

### Stay in touch

If you have any questions or need more information about this benefit, please visit [www.discovery.co.za](http://www.discovery.co.za)

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