# Vitality Teens

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

## Who can use these benefits?

Any child dependent between the age of 14 and 18 on Discovery Vitality can use the benefits offered on the Vitality Teens programme. All benefits need to be activated by the main member on the policy in order for the teen to gain access. These can be activated by logging into the website or the Discovery app. Once a child turns 18, these benefits will no longer be available to them.

Teens on the programme 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

This guide will explain the basic rules associated with each of the above mentioned benefits. There are further guides that you can read around specific partner

## 1) Teens' assessments

Completing health assessments are important for your teen's development and growth:

| Assessment | About | Where |
|---|---|---|
| Kids Vitality Health Check | Make sure your kids are developing at a healthy rate. The Kids Vitality Health Check includes a Body Mass Index (BMI) measurement, blood pressure measurement, as well as a health behaviour and developmental questionnaire. | Vitality Wellness Centre, a pharmacy in the Vitality Wellness Network, Discovery Store or at a Discovery Wellness Day. |
| 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.<br>Don't forget to do the Kids Vitality Health Review once every 12 months for each child to qualify for free movies at Ster-Kinekor. | Online at www.discovery.co.za |
| 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 healthcare throughout their life. | Any dentist |

## 2) Physical activity for Vitality Teens

Vitality Teens can participate in various forms of exercise and enjoy great discounts and rewards.

***At Virgin Active***

Teenagers younger than 18 years old get 30% off the standard monthly fee – but only if you or your spouse use the Vitality gym benefit and if they are not members of Club-V or Club-V Max.
For more information on the Virgin Active benefit guide, click here.

***At Planet Fitness***

Teenagers younger than 18 years old can use the health club for free, except for Planet Fitness Platinum and JustGym Clubs, only if you or your spouse use the Planet Fitness gym benefit.
For more information on the Planet Fitness benefit guide, click here.

## 3) Movies

**Vitality Teens get rewarded with free movies at Ster-Kinekor**

Teens under 18 years old can watch movies for free before 7pm at selected Ster-Kinekor cinemas. Once you complete a Kids Vitality Health Review online for your teens, the free movie benefit is available for 12 months. Find out more about the Ster-Kinekor benefit rules, here.

You will need to complete the Kids Vitality Health Review for them before the Ster-Kinekor system will recognise that your teen qualifies for the benefit. You can check this on the Discovery Kids and Teens website.

Activate the Vitality Ster-Kinekor movie benefit on www.sterkinekor.com or at your nearest Ster-Kinekor cinema. Your children will get their own Vitality Ster-Kinekor movie card at your nearest Ster-Kinekor cinema when the once-off activation fee is paid.

All Vitality Teens can get a Vitality Ster-Kinekor Digital Card on the Passbook app on their iPhone or in the Discovery app on their Android smartphone. Simply register your child on the website and download the Discovery app to get their digital card.

## 4) Vitality Active Rewards for Teens

Vitality Active Rewards for Teens allows access for teenagers between ages 14 to 18 to a limited version of Vitality Active Rewards. Teens who achieve their weekly Exercise goal will get a option to choose one of the following:

- Select an instant reward.
- 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.

## 4.1 How to activate Vitality Active Rewards for Teens

- The main member must first give consent for their teen to participate in the programme from their Vitality Active Rewards dashboard.
- Their teen can then download the Discovery app on their phone and register a Discovery profile and activate Vitality Active Rewards for Teens.

Vitality Active Rewards for Teens is an app-based programme that tracks physical activity and incentivises teens to exercise to earn rewards.

Teens' personalised Vitality Active Rewards exercise goals are designed to be challenging yet achievable.
Here are some fun and effective ways to meet your weekly goal and earn rewards:

- Work out at the gym or any approved fitness facility.
- Track your steps, speed, or heart-rate workouts using a Vitality-approved device or app (age-dependent).
- Join a free and fun parkrun.
- Take part in a Vitality-timed race event.

For a comprehensive view of the terms and conditions relating to the Vitality Active Rewards for Teens benefit, click here. These additional terms and conditions set out the rules of use of the programme and create a binding contract between You and Discovery Vitality. Please read these terms and conditions carefully.

Find out more about Vitality Active Rewards here.

## Find out more

If you have any questions or need more information about the Vitality Teens benefit, go to 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. The Vitality Main Rules cover the rules of the programme over and above the rules set out in this document.

## Stay in touch

If you have any questions or need more information about this benefit, please visit www.discovery.co.za.

Keep up to date with the latest news from Vitality: visit www.discovery.co.za, download the Discovery app, follow Discovery Vitality on (@Discovery_SA) and (DiscoverySA).

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