

**Dis-Chem**  
PHARMACIES

Discovery  
*Vitality*

# HEALTHY CARE

CATALOGUE

## Look after yourself and your family and get rewarded on HealthyCare products

Discovery Vitality brings you the HealthyCare benefit to help you take better care of yourself and your family's overall health and wellbeing through prevention. The benefit makes everyday personal and family care easier and more affordable with rewards on thousands of HealthyCare items.

### Get rewarded on thousands of HealthyCare items

You can earn rewards when you buy items listed in the HealthyCare catalogue at Dis-Chem. Remember to swipe your Dis-Chem HealthyCare card before the cashier rings up your purchases to earn rewards\*.

- 01 | You can activate this benefit and get up to 10% back by logging into [www.discovery.co.za](http://www.discovery.co.za) and navigating to Vitality HealthyCare.
- 02 | Choose your main HealthyCare partner.
- 03 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any Dis-Chem or accredited pharmacy in the Vitality Wellness Network to increase your rewards by up to 25%.
- 04 | Complete both assessments every 12 months to keep your rewards at up to 25% at your main partner.

\* Rewards are converted to store loyalty points and paid into your Dis-Chem HealthyCare card.

Members on Medical Scheme plans administered by Discovery Health can get 10% back on thousands of HealthyCare items at Dis-Chem.

Balance members get up to 15% back on thousands of HealthyCare items at Dis-Chem. To increase your rewards by up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment, once every 12 months.

#### IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE

Products in this catalogue depend on supplier availability and may only be available at certain Dis-Chem stores. The products in the HealthyCare range may be replaced and changed from time to time. This catalogue will be kept updated with the latest qualifying items. All items not showing in the catalogue have been excluded from the HealthyCare benefit.

Check back regularly for the most updated list on [www.discovery.co.za](http://www.discovery.co.za)





## How to use this catalogue

This HealthyCare catalogue lists the products that qualify for the HealthyCare benefit. Use this catalogue as your guide to making HealthyCare choices when shopping at Dis-Chem. The items included in the HealthyCare benefit below are all directly used for preventive care.

The HealthyCare benefit is made up of thousands of products that are divided into different main product categories:

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\* Bottles & teats, bottle cleaning utensils, food, formula, feeding cups with teats straws or spouts, and related accessories excluded.

## **BABY ACCESSORIES**

### **Baby feeding utensils**

- Bowls
- Cutlery
- Plates
- Feeding utensil sets

### **Baby monitoring**

- Audio monitor
- Baby monitor
- Baby scale
- Movement and sound monitor
- Video monitor

### **Bath and changing**

- Bath mat
- Bath seat
- Bath support
- Bath stand
- Bath tub
- Bath thermometers
- Changing mat/pad

### **Child proofing and safety**

- Bed guards / rails
- Corner cushions
- Door stoppers
- Gates
- Locks & latches

- Plug protectors
- Sun shades

### **Driving**

- Belted base
- Booster seats
- Car mirror
- Car seats
- Car seat covers

### **Grooming**

- Brush and comb
- Cotton wool, balls, buds, rounds
- Gum massager
- Infant toothbrush
- Manicure set
- Nail clippers
- Nail scissors

### **Hardware**

- Baby carrier
- Bassinets
- Bouncer/Rocker
- Camp cots
- Co-sleepers
- Cots
- High chairs
- Mattress, sheets and protectors
- Nursery Organiser
- Playpen
- Prams
- Strollers

### **Teething and soothers**

- Teethers
- Soothers/dummies
- Soothing clips and holders

*\*excludes teething necklaces*

## **BABY CLEANSING PRODUCTS**

Baby body/bath wash

Baby cologne

Baby foam bath

Baby hair detangler

Baby oils

Baby powder

Baby shampoo & conditioner

Baby soap

Hand cleanser

Sterilizing fluid, spray and tablets

## **BABY HEALTH**

Colic calmer

Cradle cap cream / oil

Gripe water

Infant drops

Medicine dispensers

Medical kit

Milk of Magnesia

Mosquito creams / nets / sprays

Nasal aspirator

Nasal spray

Paediatric syrup

Teething gels and powders

Thermometers  
Worm syrup

## BABY CREAMS AND LOTIONS

Aqueous cream  
Baby body cream/lotion/oils  
Barrier bum creams/pastes  
Nappy rash ointment  
Petroleum jelly  
Sun cream

## MATERNITY CARE

### Baby bags

### Breast care

- Breast pads
- Nipple cream
- Nipple shield

### Breast pumps and accessories

- Breast pumps (Manual and electric)
- Breast pump accessories
- Breastmilk storage bags/cups

### Maternity care

- Linen savers
- Maternity pads

*\* Tissue oils & stretchmark oils and creams are excluded*

### Maternity wear

- Feeding scarves, shirts and shawls
- Maternity bands, belts and binders
- Maternity bras
- Maternity panty

- Preggy socks

### Pregnancy supplements

*\* Only Dis-Chem house branded pregnancy supplements in the below categories have been selected:*

- Folic acid
- Pregnancy multivitamins-mineral supplements with/without omega 3

## DIAPERS, PANTS & WIPES

Baby wipes  
Disposable diapers  
Reusable diapers  
Swim diapers  
Training pants

## BINS

Nappy Bins  
Nappy bin refills

## TOILET TRAINING

Potty  
Potty seats  
Step stools  
Toilet trainers



## Chronic Care

Providing support in the daily management of chronic health conditions.

## EXTERNAL MEDICAL ITEMS/ASSISTED LIVING

Bath aids  
Commode  
Crutch  
Elderly aids  
Shower Chair  
Support cushions  
Toilet Aids  
Walkers  
Walking stick  
Wheelchairs and spare parts

## HOME DIAGNOSTIC TESTS AND ACCESSORIES

Blood glucose test strips and kits  
Home tests  
Lancets and devices for blood sampling  
Pill box  
Scales  
Stethoscopes  
Tablet cutter  
Thermometers

## MEDICAL INCONTINENCE

Incontinence nappies  
Incontinence pads  
Incontinence pants  
Linen protectors

## MONITORING DEVICES

### Blood pressure monitors

*\* wrist blood pressure monitors are excluded*

Glucose monitors

Oximeter

*\* Nebulizers excluded*

## HEALTHMONITOR DEVICE BENEFIT FOR VITALITY 65+ MEMBERS

*\* Vitality 65+ members save up to 50% on the below health monitoring devices with the HealthMonitor Device benefit*

### Blood Pressure Monitors:

- Braun BP monitor upper arm Bua6150\*
- Omron BP monitor M6 comfort automatic\*
- Omron BP monitor M7 intelli bluetooth\*
- Tensoval Duo Contr BP monitor large cuff\*
- Tensoval Duo Contr BP monitor medium cuff\*

### Glucometers:

- Accu-Chek instant meter\*
- Accu-Chek active kit\*

### Wireless Scales

- Elektra Smart Scale\*



## Clinic Services

## MOTHER AND BABY WELLNESS

## PRIMARY HEALTHCARE SERVICES

## SCREENING TESTS

## GOSMOKEFREE PROGRAMME

*\* Remember to ask the nurse to link your Dis-Chem loyalty card to this programme before it is processed. This is in addition to swiping your loyalty card at the till point when making payment for the programme.*



## Dental Care

### DENTAL FLOSS AND WATER FLOSSERS DENTURE CARE

Cleanser

Denture accessories

Fixative

### INTERDENTAL

### MOUTHWASH AND SPRAYS

### TOOTHBRUSHES

Manual

Electric

Brush heads

### TOOTHPASTE



## Emergency Care

### ANTISEPTIC LIQUID, OINTMENT AND SPRAYS

### BANDAGES, DRESSINGS, PLASTERS AND TAPES

### COTTON WOOL PRODUCTS

### FIRST AID

Burn shield

Face masks

First Aid Accessories

First Aid Kits and refills

Gloves

## MUSCLE RUBS, OINTMENT AND GELS

Chaffing creams

Hot/Cold packs, gel, patches and wraps

Massage gels, oil and rubs

Muscular pain relief creams, gels, ointment and sprays

## SLINGS AND SUPPORT

Ankle Support

Arm sling

Back support

Cervical collar

Compression Stockings

Elbow support

Finger splints

Knee Support

Moon boot

Sports tapes and strapping

Wrist Support



## Eye Care

### CONTACT LENS CARE

### EYE CARE PREPARATION

### READING GLASSES

*\* Excludes sunglasses*

## EXERCISE ACCESSORIES

Exercise band  
Exercise wheel  
Foam roller  
Grip wrist wrap  
Gym ball  
Gym/yoga mats  
Leather belts  
Mouth guards

## HUMIDIFIERS AND AIR PURIFIERS

## NUTRITIONAL SUPPLEMENTS

Although it is best to follow a healthy, balanced diet for optimal health, we have a selected house-branded range of supplements to support your diet, where necessary.

*\* Only Dis-Chem house branded supplements in the below categories have been selected;*

### Dis-Chem essential omega 3 fatty acids

- Fish oil
- Flaxseed oil
- Krill oil

### Dis-Chem multivitamin and minerals

### Dis-Chem prebiotics and probiotics

*\* Single vitamin and mineral supplements are excluded as supplementing with these may result in excessive intakes.*

## SELECTED FITNESS DEVICES

*\* Monitoring fitness and health can help identify areas for improvement and progress.*

### Fitbit

- Fitbit Alta assorted
- Fitbit Charge assorted
- Fitbit Flex assorted
- Fitbit Inspire assorted
- Fitbit Ionic Smartwatch
- Fitbit Sense assorted
- Fitbit Versa assorted

### Garmin

Garmin Forerunner Assorted

## WATER PURIFICATION

Water filters and dispenser



## Foot and Hand Care

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## CREAMS AND LOTIONS

Anti-fungal nail treatment  
Corn and callus ointment and balm  
Foot cream, scrubs and soaks  
Hand creams and lotions  
Heel balm  
Medicated footcare  
Nail repair cream

## IMPLEMENTS AND ACCESSORIES

Bunion guard  
Callus file  
Callus pads and cushions  
Corn cutter  
Corn protector  
Corn wraps, caps and pads  
Fascia Orthotic  
Foot file  
Heel and arch supports  
Heel grips and cushions  
Nail clippers  
Nail scissors  
Pumice stone  
Toe protector  
Wart freezer

## FOOT POWDERS AND SPRAYS

## FOOT SUPPORTS, INSOLES AND INSERTS



## Over-The-Counter Medicine

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*\* Remember to swipe your Dis-Chem loyalty card at the pharmacy counter before the S1 & S2 medicines are dispensed. This is in addition to swiping your loyalty card at the till point when making payment for the full basket purchase.*

## SCHEDULE 1 MEDICINE

## SCHEDULE 2 MEDICINE

## Products to Stop Smoking

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Stopping smoking drastically reduces the risk of cardiovascular disease and cancer.

### NICOTINE REPLACEMENT THERAPY

Gums

Patches

Sprays

## Self Care

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### CONDOMS

### EAR AND NOSE CARE

#### Ear Plugs

#### Ear care preparations

- Ear drops
- Ear cleanser
- Ear rinse

#### Hearing aid batteries

#### Nasal decongestants

#### Wax remover

### FEMININE HYGIENE

Feminine cleanser

Feminine intimate wash

Feminine wipes

Menstrual cups

Panty liners

Sanitary pads / towels

Tampons

### MEDICATED HAIR CARE

Anti-dandruff shampoo and conditioner

Anti-lice shampoo, conditioner, comb, spray, kit

Medicated hair care

### SKINCARE

#### Acne creams

#### Aqueous cream and body lotions

*\* Only included unscented creams with no irritants, perfume or colouring*

Eczema cream

Medicated creams and lotions

Petroleum jelly

Psoriasis cream

### SELF-CLEANSING PRODUCTS

#### Liquid hand soap

#### Selected soap bars and body washes

- Aqu Bar
- Cetaphil
- Cuticura
- Dettol
- Dischem
- Epiwash
- Lifebuoy
- Protex
- Pure

- Safeguard
- Sanex
- Savlon
- Tetmosol

### SANITISERS

- Hand sanitiser
- Sanitiser refills
- Sanitiser surface sprays
- Sanitiser wipes
- Waterless sanitiser

### SELF-MEDICATION (SCHEDULE 0)

#### Analgesics & Antipyretics

- Body temperature
- Inflammation
- Pain

#### Cough and cold

- Cough and cold remedies
- Nasal spray
- Throat lozenges and sprays

#### Gastrointestinal

- Antacid
- Laxatives
- Electrolyte replacement and rehydrate

*\* Homeopathic remedies, Vitamins & Minerals, Nutraceuticals excluded*



## Sun Care

**AFTER SUN CREAM, LOTION AND SPRAYS**

**SPF LIP BALM**

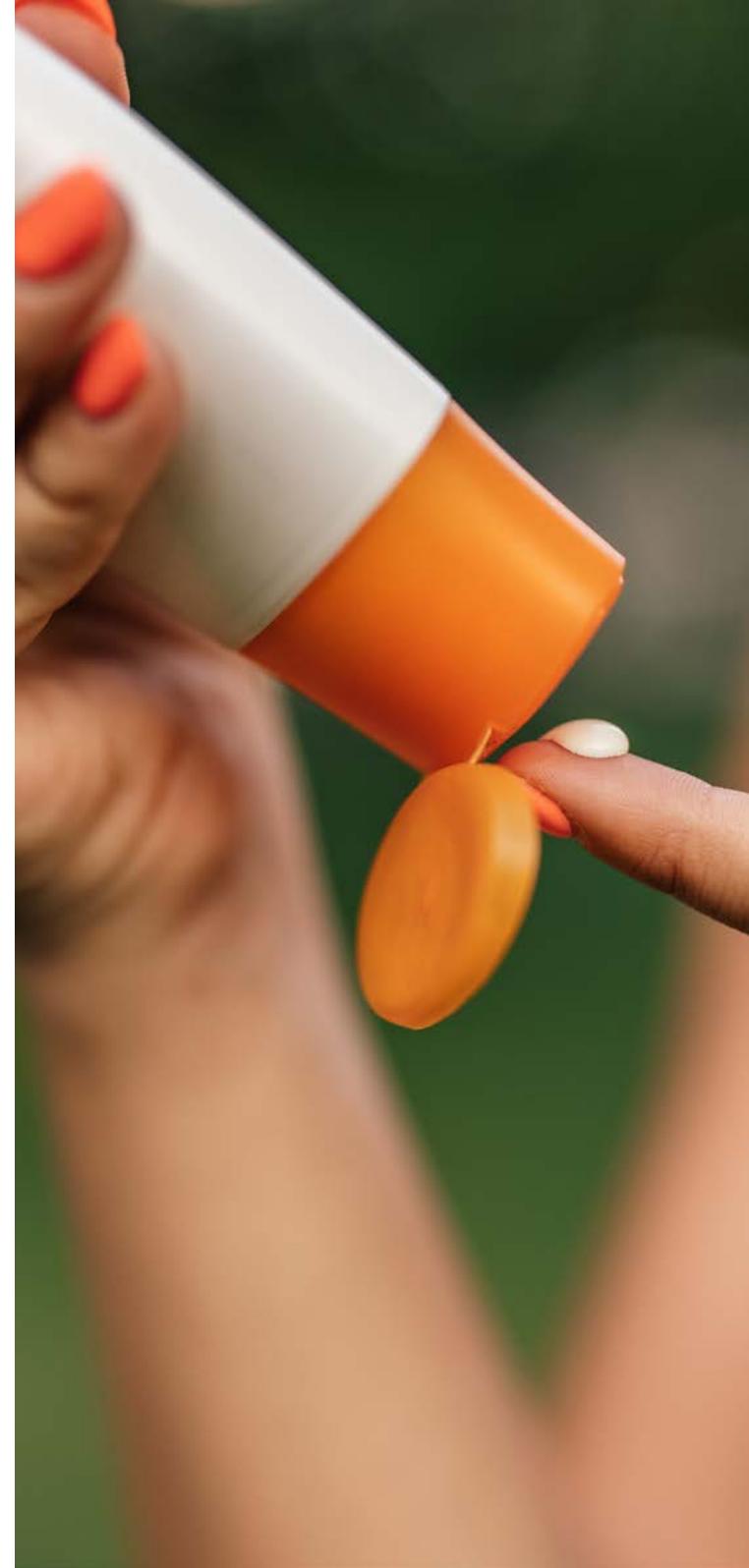
**SUN CREAM, SPRAYS AND LOTIONS**

*\* Tinted/bronzing sun care items are excluded*



## Excluded categories

Beauty tools and accessories  
Bubble bath  
Candles and home fragrances  
Clothing, shoes and socks  
Deodorant  
Food and beverage  
Fragrances  
Gift sets  
Hair removal / shaving  
Hair styling tools  
Hairbrushes and accessories (incl wigs and weaves)  
Home cleaning  
Home décor and houseware  
Homeopathic, tonics and herbal remedies  
Kitchen and household appliances  
Makeup  
Paper and plastic (incl toilet rolls)  
Regular Hair shampoo & conditioner  
Skincare  
Stationery  
Toys and games  
Travel accessories





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Discovery has worked closely with its partners to ensure the products included are safe and promote a healthier lifestyle. Every effort has been made to choose the best quality products to promote overall health and wellness. Discovery Vitality (Pty) Ltd is not responsible for any side effects or reactions an individual may experience as a result of using these products. Discovery is also not responsible for any products that do not work for any reason. Please speak to a healthcare professional before buying any of the products and read the package inserts on how to use these products safely. Schedule medication bought using the Vitality HealthyCare benefit does not qualify for the additional Vitality Money boost. Therefore, the maximum HealthyCare reward you can earn on any schedule medication is up to 25% back.

Terms and conditions apply. For more information, please visit [www.discovery.co.za](http://www.discovery.co.za) or call 0860 99 88 77.

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