

Summary of Vitality points



Vitality points for each benefit and status

This document sets out the points you can earn when you engage in the Vitality Programme. For more information about how Vitality works, visit www.discovery.co.za.

Maximum Points

The information that follows shows the points that all members aged 18 and older, unless otherwise specified, may earn in one calendar year.



01 | Online Assessments

Find out your Vitality Age

1 500 Vitality points once a year



02 | Do your Vitality Health Check (for all adults 18 years and older)

The Vitality Health Check is made up of five measures: blood pressure, blood glucose, cholesterol, a weight assessment (which includes weight, height and waist circumference) and signing a non-smoker's declaration.

You can earn up to 22 500 Vitality points depending on how many results are in range. If your results are out of range and you complete the assessment again, you will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.

NUMBER OF HIGH-RISK RESULTS	NUMBER OF IN-RANGE RESULTS				
	0 - 1	2	3	4	5
0	2 500 pts	5 000 pts	10 000 pts	15 000 pts	22 500 pts
1	2 500 pts	3 500 pts	7 500 pts	12 500 pts	
2+	2 500 pts	2 500 pts	5 000 pts		



03 | Do further health checks depending on your age and gender

Health Check:

Maximum points:

Colon Cancer Screening for men and women 50 years and older*	2 500 once a year
Bone mass density test** for women aged 65 and older and men aged 70 and older	2 500 points
Dental check-up	1 000 once a year
Glaucoma screening for members 60 years and older	2 500 once a year
Mammograms*** for women 40 years and older	2 500 once a year
Pap smears*** for women between the ages of 16 and 65 years old	2 500 once a year
Vision test for members 60 years and older	1 000 once a year
HIV counselling and testing for members 18 years and older	7 500 once in a life time For your first HIV test as a Vitality member 1000 once a year If you have previously earned Vitality points for HIV screening.

* Members who are within the 10 year period of having had a colonoscopy will not receive points for doing a faecal immunochemical test or faecal occult blood test. Please consult your doctor before choosing how you screen for colon cancer. Visit a healthcare provider for a colonoscopy once every ten years. You will earn the points in the year of the screening, and in the following nine years.

** Bone mass density tests may be done by DEXA (Dual-energy X-ray absorptiometry) once every 2 years, and members will earn the points for both years that the test is valid. Please consult your doctor before choosing how you screen for osteoporosis.

***Visit a healthcare provider for a Pap smear once every three years and for a Mammogram once every two years. You will earn the points in the year of the screening, and in the next year/s.



04 | Earn points for getting active

Maximum points per member 18 years and older for each event:

Overall maximum Vitality fitness points	30 000 per year
Vitality Fitness Assessment*	Up to 7 500 Vitality points once a year
Vitality High Performance Fitness Assessment*	A bonus of up to 10 000 Vitality points depending on how fit you are
Maximum points earned for tracking step activity	1 200 per month

* If you choose to do the assessment more than once in the year you will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.

Earn speed workout fitness points by:

Gym workout for more than 30 minutes.

Running at an average of 5.5+ km/hr

Swimming at an average of 1.5+ km/hr

Cycling at an average of 10+ km/hr

Heart rate target tip:

Calculate your maximum heart rate by subtracting your age from 220.

Use this [easy guide](#) for more info.

FITNESS POINTS YOU CAN EARN

	50	100	200	300
Workout activities	Vitality Home-Workout Channel (30+ min) Planet Fitness online workouts (30+min) Virgin Active online workouts (30+ min)	myrun (2.5km) Health clubs (30+ min)*** Round of golf Run/Walk For Life		myrun (5km) parkrun Run/Walk For Life 5km+
Steps	5 000 – 9 999 steps*	10 000+ steps**		
Speed workouts		30+ min		
Light workouts at 60 – 69% of max heart rate		30+ min*		
Moderate workouts at 70 – 79% of max heart rate			30 – 59 min	60+ min
Vigorous workouts at 80%+ of max heart rate				30+ min




* **1 000 fitness points threshold.** Earn 50 Vitality points for tracking between 5 000 and 9 999 steps in a day or 100 points for a 30+ minute workout where you are able to maintain 60 – 69% of your maximum age-related heart rate. These activities recognise that important first step for many of our members who are just starting out. For this reason, these points will contribute to your weekly Vitality Active Rewards goal, but will be subject to a cap of **1 000 points** per year towards your Vitality Status.

** **You can** earn up to 1 200 Vitality points per month **towards your Vitality Status and Vitality Active Rewards goal** by tracking 10 000+ steps. **After the cap is reached in a month, all 10 000+ step activity will continue to count towards Vitality Active Rewards goal.**

***Adults earn a minimum of 100 Vitality Health points for one gym visit per day, up to a maximum of 30 000 Vitality Health points a year (per member) based on your fitness points cap. For your workout to be considered valid for the purposes of this benefit, **you must exercise for longer than 30 minutes during each visit** to your chosen health club.

TIMED AND VERIFIED RACE EVENTS POINTS

Claim your Vitality points online or via the Discovery app. Remember to attach your proof of race completion with a race certificate or other supporting documentation.

	300	600	1 500	3 000
 walking/running event	5 – 9km	10 – 20km	21 – 41km	42km+
 swimming event	0.5 – 1km	1.1 – 3km	3.1 – 5.9km	6km+
 cycling event	25 – 49km	50 – 99km	100 – 179km	180km+

We also recognise our duathletes and triathletes with the full set of points per event discipline for example, earn 9 000 points for a full Iron man.

FITNESS POINTS FOR ENDURANCE AND HIGH PERFORMANCE ATHLETES

	50	100	200	300	450	600
Workout activities		myrun (2.5km) Health clubs Round of golf Run/Walk For Life		myrun (5km) parkrun Run/Walk For Life 5km+		
Steps	5 000 – 9 999 steps*	10 000+ steps**				
Speed workouts		30+ min				
Light heart rate workouts at 60 – 69%		30 – 89min*		90 – 119 min	120 – 179 min	180+ min
Moderate heart rate workouts at 70% – 79%			30 – 59min	60 – 89 min		
Endurance heart rate workouts at 70%+					90 – 119 min	120+ min
Vigorous heart rate workouts at 80%+				30 – 89 min		

Earn speed workout fitness points by:

Running at an average of 5.5+ km/hr

Swimming at an average of 1.5+ km/hr

Cycling at an average of 10+ km/hr

Heart rate target tip:

Calculate your maximum heart rate by subtracting your age from 220.

Use [this easy guide](#) for more info.

Note: Points will only be awarded for one fitness activity a day. If you complete more than one fitness activity in a day, then the higher of the activities will be awarded.

The points you earn from your Vitality Fitness Assessment contribute towards your yearly cap of 30 000 fitness points. The bonus points you earn from your Vitality High Performance Fitness Assessment don't contribute towards your yearly cap of 30 000 fitness points.

* These points contribute to weekly Vitality Active Rewards goals but are capped at 1 000 points per year towards Vitality Status.

** 2019 Update: Members will earn up to **1 200 Vitality points** per month by tracking step activity. All step activity will continue to count towards Vitality Active Rewards.



05 | Choose to eat healthy

Maximum points for a member 18 years and older:

HealthyFood items

- 20 points for each HealthyFood item
- 20 points deducted for each unhealthy item purchased

Earn up to **12 000 Vitality points** a year

Learn more about your eating habits at a dietitian

Up to **1 000 Vitality points**



06 | Points for expecting and new mothers

Maximum points for a member:

Vaccinations 0 – 2 years	500 points per vaccination event
Attending antenatal classes for expectant parents	2 000 Vitality points once a year
Well Baby Clinic visits at Clicks or Dis-Chem	Up to 2 500 Vitality points once a year

PLUS earn double points for selected fitness activities and for buying HealthyFood items during pregnancy and until your baby is six months old.



07 | Vaccinations for the whole family

Flu vaccination (all Vitality members from the age of 6 months)	1 000 once a year
Flu vaccination (bonus points for members 60 years and older)	1 000 once a year
HPV vaccinations for members between the ages of nine and 25 years old	1 000 once in a lifetime once you have completed the full course
Pneumococcal vaccinations for members 65 years and older	1 000 per vaccination once in a lifetime
Shingles vaccinations for members 60 years and older	1 000 once in a lifetime
Vaccinations for children under the age of two*	500 per vaccination event
Childhood vaccinations for children aged four to seven**	1 000 once in a lifetime
Meningococcal conjugate vaccination for children aged 11 to 12	500 Vitality points once in a lifetime
Meningococcal conjugate vaccination (Booster dose) for children aged 16	500 Vitality points once in a lifetime





* Please send us proof of the vaccination once your child has received the vaccination and before your child's second birthday to earn Vitality points. You can upload the proof on <https://www.discovery.co.za/portal/individual/claim-vitality-points>

** All children on Vitality who are between four and seven years old will earn Vitality points for having the five repeat vaccinations.



08 | Points needed to reach each status

The table below shows how many Vitality points members need to reach each status.

	BLUE STATUS	BRONZE STATUS	SILVER STATUS	GOLD STATUS	DIAMOND STATUS
 Single member	You start at Blue Vitality status	7 500	25 000	40 000	50 000
 Main member +1 member 18 years and older		15 000	50 000	80 000	100 000
 Main member +2 members 18 years and older		18 750	62 500	100 000	125 000
 For each additional member 18 years and older*		+ 3 750	+ 12 500	+ 20 000	+ 25 000

*Additional adult dependants can only earn a maximum of 25 000 Vitality points per year.

When a child dependant turns 18 during any month of the year, the Vitality status points threshold for the family will only increase in the January after the dependant's 18th birthday.

Terms and conditions apply. If you have any questions or need more information and a set of the full Vitality rules, please check the website.

Find out more

If you have any questions or need more information about Vitality points and status, 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.

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



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