



Vitality Fitness Assessment

Cardio fitness is a measure of how well the respiratory and circulatory system supply oxygen during sustained periods of physical activity. The most reliable and valid measure of cardio fitness is VO2 max. The golden standard to measure VO2 max is through an incremental treadmill or cycle test designed to achieve maximal effort. In this test, an individual breathes through a low-resistance valve mask while the intensity increases every few minutes until exhaustion. However, such direct measurement of VO2 max requires expensive equipment and trained personnel.

In 2017, an enhanced Vitality Fitness Assessment (VFA) was introduced to help Vitality members assess their cardiorespiratory fitness, strength and flexibility

The Vitality Fitness Assessment will help you understand your current fitness level and highlight fitness components you need to improve or maintain. The fitness assessment caters for all Vitality members from 18 years and older, and consists of the following tests:

- The assessment is made up of two parts – a cardiorespiratory fitness test on a Wattbike, treadmill or arm-ergometer and a strength and flexibility test, consisting of seven tests, both of which together can give you a well-rounded understanding of your cardiorespiratory fitness and functional strength.
- You will also get corrective exercises to improve areas of weakness and limited range of movement to help prevent injuries and improve your functionality.

Who may use the Vitality Fitness Assessment?

If you are 18 years or older and on an active Vitality membership, you can go for the Vitality Fitness Assessment. You can earn Vitality points for this assessment. If you have a cardiovascular condition or any other high-risk factors, please get clearance from your doctor before continuing with this assessment.

It is your duty to disclose any medical conditions to the selected biokineticists, and to ensure that you are medically fit and able to complete the Vitality Fitness Assessment.

Book a Vitality Fitness Assessment

Make an appointment for the assessment with a [biokineticist](#) in the Vitality Wellness Network. You can find the list on www.discovery.co.za.

Remember to take the following with you

- Your Discovery membership card
- Your identity document
- Exercise clothes or gear
- An amount of R533.60 which includes VAT. You have to pay for the Vitality Fitness Assessment (VFA) upfront. If you have a Discovery Health Plan with a Medical Savings Account and available funds, you can claim this amount back from the Scheme (unless you have a general waiting period). If you are a Discovery Life policyholder, you will need to pay for the Vitality Fitness Assessment yourself. Discovery Health members who have available funds in their [WELLTH Fund](#) will have their VFA funded from their WELLTH Fund.

You'll earn Vitality points

You can earn up to 10,000 Vitality points a year for doing your Vitality Fitness Assessment. You can earn 1,000 Vitality points for doing the assessment and your Vitality points can be boosted up to 9,000 based on your fitness level.

Your fitness level is based on your VO2 max achieved during the fitness test using normative data for your age and gender.

Earn up to **10,000 Vitality fitness points** for cardio fitness

Fitness level	Points
5	10,000
4	7,000
3	4,500
2	2,500
1	1,000

If you don't reach level 5, you have the ability to complete the assessment again later in the year. Points will be awarded based on the best result in the year and up to 10,000 Vitality points if the second results

are better than the first. You will only be awarded additional Vitality points if your assessment is done at least 90 days apart. This allows enough time for you to focus on improving your fitness and overall results. The Vitality Fitness Assessment points contribute and are subject to the maximum fitness points of 30,000 a year.

Important points to remember

- Your Vitality points will be awarded within seven days of completing your assessment.
- To verify your membership, your biokineticist will need to use your ID number, entity number or policy number.
- If you are taking heart rate suppressing blood pressure medicine such as beta-blockers, you would only be able to do the Wattbike test for the cardio component of the test. Please check that the biokineticist has a Wattbike when you book your assessment.
- If you have any questions about your results, please contact your biokineticist. Your ID number will be used to investigate your query.
- You must complete a consent form before doing the [Vitality Fitness Assessment](#).

By electing to carry out the Vitality Fitness Assessment and by completing the consent form, you consent to Discovery

Vitality (Pty) Limited, the biokineticists on the Vitality Wellness Network, who you selected to do the Vitality Fitness Assessment, may process your personal information and assessment results to administer your Vitality membership effectively. Discovery Vitality will process your personal information in accordance with the [privacy statement](#) and [Vitality Main Rules](#).

Ending this benefit

The benefit ends when you no longer have an active Vitality membership.

Find out more

Find out more about the [Vitality Fitness Assessment benefit](#). 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](#) and [our privacy statement will apply at all times](#).

Stay in touch

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

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