# NCLICKS



# HEALTHY CATALOGUE

DISCOVERY VITALITY | 202

# 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 up to 50% back on thousands of HealthyCare items

You can earn rewards at Clicks when you buy items listed in the HealthyCare catalogue. Remember to swipe your Clicks ClubCard at any till before the cashier rings up your items to make sure you earn rewards. Rewards are converted to store loyalty points and paid into your Clicks ClubCard.

- 1 | You can activate this benefit and get up to 10% back by logging into www.discovery.co.za and navigating to Vitality HealthyCare.
- 2 | Choose your main HealthyCare partner.
- 3 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any Clicks or accredited pharmacy in the Vitality Wellness Network to increase your rewards by to up to 25%.
- 4 | Complete both assessments every 12 months to keep your rewards at up to 25% at your main partner.

Members on a Discovery Health Medical Scheme plan administered by Discovery Health can get 10% back on thousands of HealthyCare items at Clicks.

Balance members get up to 15% back on thousands of HealthyCare items at Clicks. To increase your rewards by to 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 rolling 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 Clicks 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

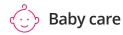
# How to use this catalogue

This HealthyCare catalogue lists the products that qualify for the HealtyCare benefit. Use this catalogue as your guide to make HealthyCare choices when shopping at Clicks. 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 product categories:

| Baby Care                                 |   |
|---|---|
| Chronic Care                              |   |
| Clinic Services                           |   |
| Dental Care                               | 6 |
| Emergency Care                            | 6 |
| Eye Care                                  |   |
| Fitness and Wellbeing                     | 7 |
| Foot and Hand Care                        |   |
| Over the Counter Schedule 1 & 2 Medicines |   |
| Products to Stop Smoking                  |   |
| Self Care                                 |   |
| Sun Care                                  |   |
| Excluded 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 guard/rails
- 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
- Nursery organizer
- Prams
- Strollers

#### Teething and soothers

- Teethers
- Soothers/dummies
- Soothing clips and holders
  \* excludes teething necklaces

#### **BABY CLEANSING PRODUCTS**

Baby cologne Baby foam bath Baby hair detangle Baby oils Baby powder Baby shampoo & conditioner Baby soap Hand cleanser Sterilizing fluid, spray and tablets

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# **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 shield
- 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

- Maternity bands, belts and binders .
- Maternity bras
- Maternity panty

#### **Pregnancy supplements**

\* Only Clicks house branded pregnancy supplements in the below categories have been selected;

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

# **DIAPERS, PANTS AND 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 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

\* The HealthMonitor Device benefit is not yet available at Clicks stores.

**Clinic services** 

MOTHER AND BABY WELLNESS PRIMARY HEALTHCARE SERVICES SCREENING TESTS

# Dental care

DENTAL FLOSS AND WATER FLOSSERS DENTURE CARE

CLEANSER

DENTURE ACCESSORIES

FIXATIVE

INTERDENTAL

MOUTHWASH AND SPRAYS

# **TOOTHBRUSHES**

Manual

Electric

Brush heads

Face masks

Gloves

First Aid Accessories

First Aid Kits and refills

# TOOTHPASTE

Emergency care

ANTISEPTIC LIQUID, OINTMENT AND SPRAYS BANDAGES, DRESSING, PLASTERS AND TAPES COTTON WOOL PRODUCTS FIRST AID Burn shield

# **MUSCLE RUBS, OINTMENT AND GELS**

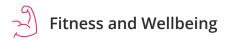
Chaffing creams Hot/Cold packs, patches and wraps Massage gels, oil and rubs Muscular pain relief creams, gels, ointment and sprays

# **SLINGS AND SUPPORT**

Ankle SupportArmslingBack SupportCervical CollarCompression StockingsElbow supportFinger SplintsKnee SupportMoonbootSports tapes and strappingWrist Support



CONTACT LENS CARE EYE CARE PREPARATION READING GLASSES \* Excludes sunglasses



# 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 Clicks house branded supplements in the below categories have been selected;

#### Clicks essential omega 3 fatty acids

- Fish oil
- Flaxseed oil
- Krill oil

#### **Clicks multivitamin and minerals**

#### **Clicks prebiotics and probiotics**

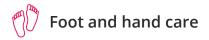
\* Single vitamin and mineral supplements are excluded as supplementing with these may result in excessive intakes.

## **SELECTED FITNESS DEVICES**

Fitness devices are not available in Clicks stores

## WATER PURIFICATION

Water filters and dispenser



#### **CREAMS AND LOTIONS**

Anti-fungal nail treatment.

Corn and callus ointment and balm

Foot cream, scrubs and soaks Hand cream and lotions Heel balm Medicated footcare

Nail repair cream

# **IMPLEMENTS AND ACCESSORIES**

Blister plasters Bunion guard Callus file Corn and callus 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 Smart arch Toe protector Wart freezer

# FOOT POWDERS AND SPRAYS FOOT SUPPORTS, INSOLES AND INSERTS



Remember to swipe your Clicks 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
 Stopping smoking drastically reduces the risk of cardiovascular
 disease and cancer.

# NICOTINE REPLACEMENT THERAPY

## Gums

Patches

Sprays

GoSmokeFree cessation programme



## **CONDOMS**

#### **EAR AND NOSE CARE**

Ear Plugs

#### Ear care preparations

- Ear drops
- Ear cleanser
- Ear rinse

Nasal decongestants

#### Wax remover

# **FEMININE HYGIENE**

Feminine cleanser

- Feminine intimate wipes
- 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 skin creams which are medicated, unscented with no irritants, perfume or coloring

Eczema cream

- Medicated creams and lotions
- Petroleum jelly
- Psoriasis cream

# **SELF-CLEANSING PRODUCTS**

Liquid hand soap

#### Selected soap bars and body washes

- Aqu Bar
- Clicks Hygiene
- Dettol
- Epiwash
- Lifebuoy
- Protex
- Pure
- Savlon
- Securex Hygiene
- 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



# AFTER SUN CREAM, LOTION AND SPRAYS

#### **SPF LIP BALM**

# SUN CREAM, SPRAYS AND LOTIONS

\* Tinted/bronzing sun care items are excluded



Beauty tools and accessories Bubble bath Candles and home fragrances Clothing, shoes and socks Deodorant Food and beverager 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





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 or call 0860 99 88 77.

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