



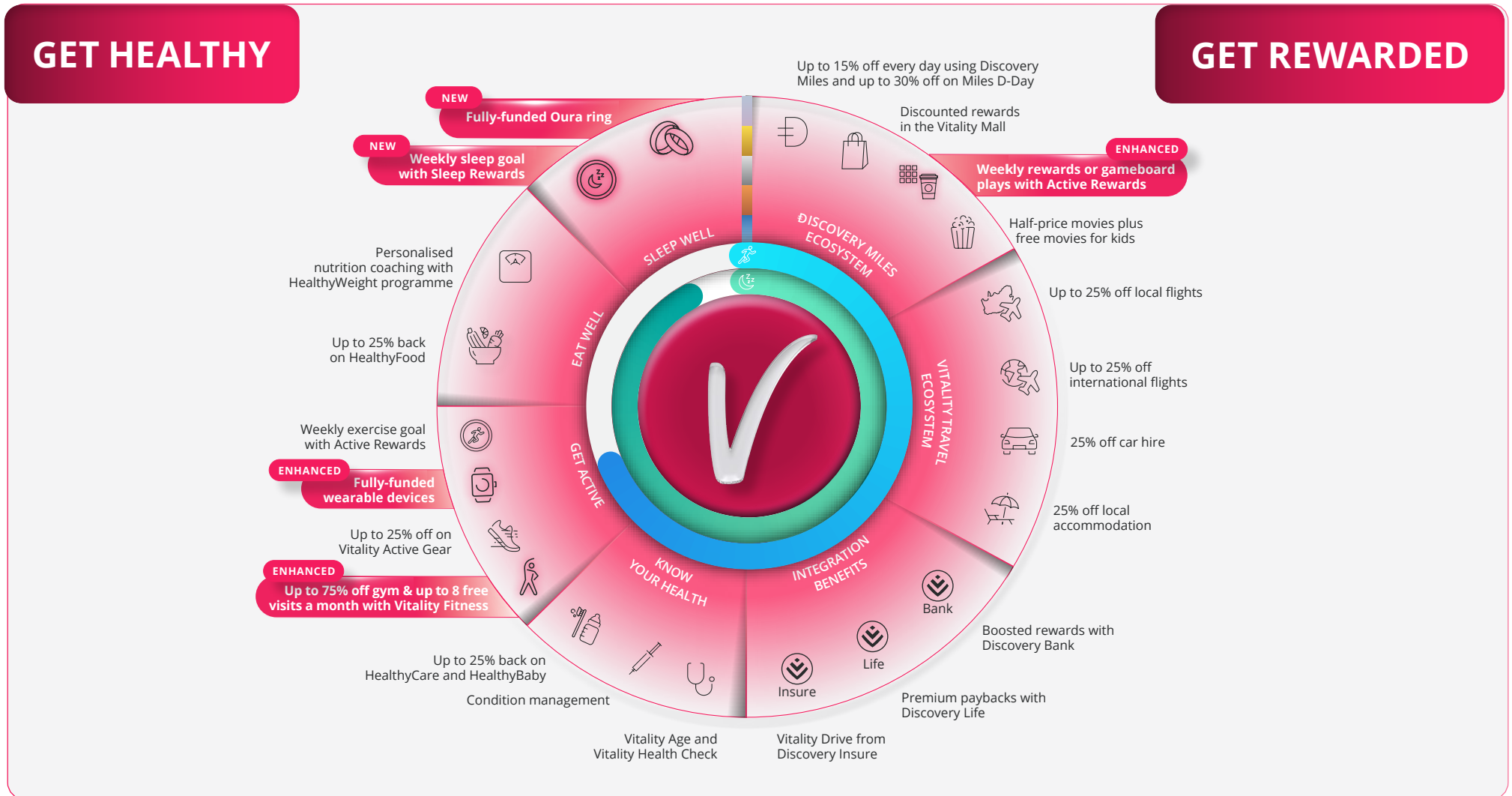
# Discovery Vitality 2026

LIVE LIFE WITH VITALITY





# Vitality rewards you for knowing and improving your health

Vitality makes choosing to lead a healthy lifestyle even more rewarding. Vitality offers you a science-based behaviour change programme that helps you understand your health, keep track of your progress towards a healthier you, and rewards you for making better choices with a premium range of health, lifestyle and leisure benefits. You can also earn more rewards with our Vitality Money and Vitality Drive programmes.




# Your Vitality benefits at a glance (1/2)

Get healthy and get rewarded with even more savings and rewards.

BENEFITS		SAVINGS	HOW IT WORKS
GET FIT		ADULTS <b>75% OFF</b>	▶ Get 75% off a local club membership every month. Exercise at the gym at least 36 times every 12 months to keep your maximum discount.
		KIDS <b>50% OFF</b>	▶ The main Vitality member must be a gym member for the child to get 50% off.
		ACCESS PASS <b>FROM R75 A VISIT</b>	▶ Access Virgin Active or Planet Fitness gyms on a pay-per-visit basis with a qualifying Discovery Bank account, including the Discovery Account with zero monthly fees. Plus, get your first 3 once-off workouts free.
	<b>ENHANCED</b>	DISCOVER 500+ FITNESS FACILITIES <b>UP TO 96 FREE WORKOUTS A YEAR</b>	▶ Get up to 8 free workouts a month (up to 96 a year depending on your Vitality status) to exercise anywhere in the Vitality Fitness network.
		DISCOVERY VITALITY PADEL <b>20 OFF%</b>	▶ Get up to 20% off bookings in the Discovery Vitality Padel network on the Playtomic app. Plus, book a court up to 4 weeks in advance.
	<b>ENHANCED</b>	VITALITY ACTIVE GEAR 	SPORTS GEAR AND EQUIPMENT <b>UP TO 25% OFF</b>
	GARMIN <b>UP TO 25% OFF</b>	▶ Get an up to 25% discount on a qualifying Garmin device up to the value of R8,000.	
	NIKE <b>UP TO 25% OFF</b>	▶ Get up to 25% off qualifying Nike sports gear and apparel, up to a spend of R4,000 over the year	

**ENHANCED** Get a qualifying Discovery Bank credit card or suite account and fully fund your next premium device purchase through consistent healthy living









 Fully-funded by achieving your Vitality Active Rewards goals over 24 months

 Fully-funded by achieving your Vitality Sleep Rewards goals over 24 months



# Your Vitality benefits at a glance (2/2)

Get healthy and get rewarded with even more savings and rewards.

	BENEFITS	GET UP TO	HOW IT WORKS
EAT WELL	 	<b>HEALTHYFOOD IN-STORE</b> <b>25% BACK IN-STORE</b>	<p>▶ Get up to 25% back in Discovery Miles on HealthyFood items like olive oil, avocado, oats and more in-store.</p>
		<b>HEALTHYFOOD ONLINE</b> <b>25% BACK ONLINE</b>	<p>▶ Get up to 25% back in Discovery Miles on HealthyFood items like fruit, nuts, eggs and more online.</p>
TAKE CARE		<b>HEALTHYCARE</b> <b>25% BACK</b>	<p>▶ Get up to 25% back on items like sunscreen, dental care, nasal spray and more.</p>
		<b>HEALTHYBABY</b> <b>25% BACK</b>	<p>▶ Get up to 25% back on baby essentials like nappies, wet wipes, prams, car seats and more.</p>
<p>To find out which foods, personal care items, and baby essentials qualify for rewards, be sure to view the catalogues on our website. Rewards are paid in Discovery Miles. Be sure to find out your Vitality Age and do a Vitality Health Check every 12 months to enjoy the maximum reward %</p>			
ENJOY THE REWARDS		<b>FLIGHT DISCOUNTS</b> <b>25% OFF</b>	<p>▶ Discover more adventure with up to 25% off local and international flights. Enjoy flight discounts on all local airlines and select international carriers.</p>
		<b>VITALITY HOLIDAY ACCOMMODATION</b> <b>25% OFF</b>	<p>▶ Get up to 25% off hundreds of local Vitality holiday accommodation options. Plus, get access to hundreds of thousands of non-discounted local and international listings on Vitality Travel through Booking.com.</p>
		<b>CAR HIRE</b> <b>25% OFF</b>	<p>▶ Save up to 25% on car hire bookings.</p>
		<b>ADULTS</b> <b>HALF PRICE</b>	<p>▶ Watch the latest 2D, 3D and Cinema Nouveau movies at half the price. Get 25% off IMAX, Cine Prestige and NT Live movie tickets.</p>
		<b>KIDS</b> <b>FREE</b>	<p>▶ Vitality Kids older than 2 and younger than 18 watch movies for free at selected cinemas before 7pm, once you've completed an online Kids Vitality Health Review for them.</p>

# Earn Vitality points as you get healthier

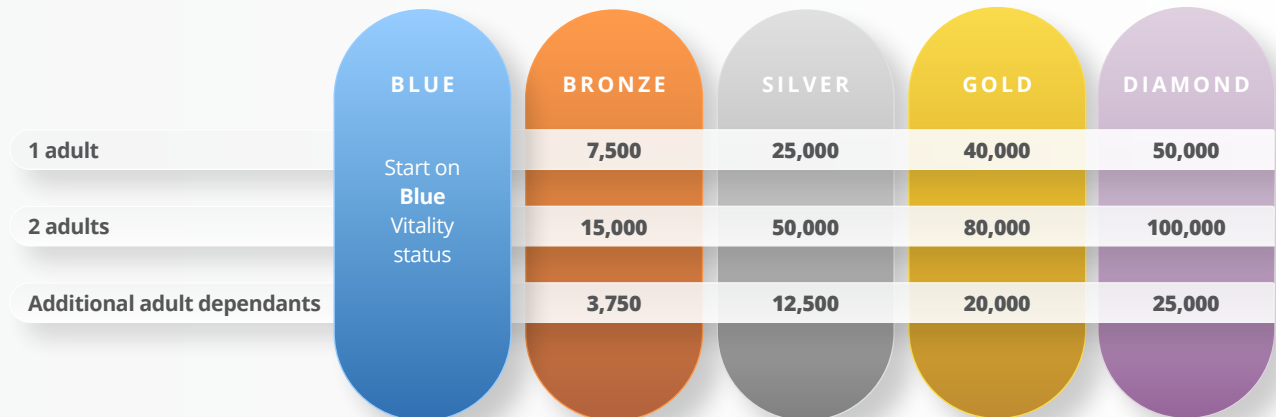
You can earn Vitality points by completing essential health screenings, getting active and eating and sleeping well. Your points accumulate to a Vitality Health status, which is a strong indicator of your health and wellbeing. Plus, your status is the gateway to rich integration benefits with other Discovery products.

KNOW YOUR HEALTH	GET ACTIVE	EAT WELL	SLEEP WELL
<p>Earn up to</p> <h2>25,000</h2> <p>VITALITY POINTS A YEAR</p> <p>Complete your essential Vitality health screenings, including the Vitality Age assessment, Vitality Health Check and Vitality Mental Wellbeing Assessment.</p>	<p>Earn up to</p> <h2>35,000</h2> <p>VITALITY POINTS A YEAR</p> <p>Exercise in a way that suits you and earn up to 25,000 Vitality points. Plus earn up to 10,000 Vitality points based on your Vitality Cardio Fitness Level.</p>	<p>Earn up to</p> <h2>12,000</h2> <p>VITALITY POINTS A YEAR</p> <p>Buy HealthyFood items at Checkers and Woolworths, and earn Vitality points based on your Vitality HealthyFood Score.</p>	<p>Earn up to</p> <h2>6,000</h2> <p>VITALITY POINTS A YEAR</p> <p>Track, understand and improve your sleep behaviour. Earn Vitality points based on your Vitality Sleep Score.</p>

## HOW TO EARN A VITALITY STATUS

Earn Vitality points by getting active, eating well, sleeping well and doing all your health checks. The healthier you get, the higher your Vitality status.

At the start of every year, your Vitality points reset to zero but you still keep the status level that you earned the previous year. This is to help encourage consistent engagement with your health.



# How to earn Vitality points

You can earn Vitality points every time you take a step towards knowing and improving your health. All these points accumulate to your Vitality Health status.

## Points you can earn as an adult member on the Vitality programme

### VITALITY HEALTH CHECK

Do a Vitality Health Check at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, Discovery Store or Discovery Wellness Day.

#### Your Vitality Health Check includes:

- 01 | Blood pressure
- 02 | Blood glucose
- 03 | Cholesterol
- 04 | Weight assessment
- 05 | Non-smoker's declaration

Earn up to 22,500 Vitality points based on how many of your results are in range and how many of them may indicate a greater risk of developing a lifestyle-related disease.

You're covered for one Vitality Health Check a year from the Screening and Prevention benefit of most medical scheme plans administered by Discovery Health.

### ONLINE ASSESSMENTS

- Find out your Vitality Age ..... **1,500 points**
- Complete your Mental Wellbeing Assessment twice a year ..... **500 points per assessment**

### NUTRITION

- Buy HealthyFood items at Checkers and Woolworths ..... **up to 12,000 points**
- Visit a dietitian or activate and consult with a HealthyWeight coach ..... **1,000 points**

### SLEEP

- Maintain excellent sleep habits ..... **up to 6,000 points**

### EXERCISE

- Exercise at a gym or approved fitness facility ..... **up to 100 points**
- Track your exercise with your smart-phone or fitness device ..... **up to 300 points**
- Play a game of padel ..... **100 points**

per day

- Complete a free parkrun ..... **up to 300 points**
- Complete a HYROX event ..... **up to 600 points**
- Participate in a Vitality-timed race event ..... **up to 3,000 points**

per event

### IMPROVE YOUR CARDIO FITNESS

Track your VO<sub>2</sub> max and earn up to 10,000 points based on your Vitality Cardio Fitness Level for your age and gender.

VO<sub>2</sub> max indicates the amount (volume) of oxygen your body uses while exercising and is a common tool to understand your fitness level. Your points are based on the average of the last five VO<sub>2</sub> max estimates from your Apple, Garmin or Samsung fitness device or from the results of a Vitality Fitness Assessment if you do not have a fitness device.

### VITALITY POINTS FOR EVERY LIFE STAGE

Earn Vitality health points based on your age and gender. Click [here](#) to see tailored points you can earn if you are 65+

### OTHER HEALTH CHECKS

Earn Vitality Health points based on your age and gender

- |                           |                     |   |                     |
|---------------------------|---------------------|---|---------------------|
| Pap smear .....           | <b>2,500 points</b> | Initial HIV test .....                                  | <b>7,500 points</b> |
| Mammogram .....           | <b>2,500 points</b> | Yearly HIV test after that .....                        | <b>1,000 points</b> |
| Colonoscopy .....         | <b>2,500 points</b> | Being registered for managing a chronic condition ..... | <b>2,500 points</b> |
| Dental health check ..... | <b>1,000 points</b> | Glaucoma screening .....                                | <b>1,000 points</b> |
| Flu vaccine .....         | <b>1,000 points</b> |   |                     |

# Get rewarded for **sleeping well**

## SLEEP YOUR WAY TO A NEW **OURA RING 4**

Fully fund your Oura Ring 4. Exclusive to Discovery Vitality and Discovery Bank clients. Your wellness companion – from sleep to fitness, your quiet companion keeps you in sync with your body, day and night. You can fully fund select Oura Ring 4 styles with Vitality Sleep Rewards over 24 months or get an up to **25%** discount on select Oura Ring 4 styles.

## ENJOY **VITALITY SLEEP REWARDS**

Track your sleep with a Vitality-linked device to achieve your sleep goals and earn instant rewards every week. These instant rewards can be earned in addition to those earned through Vitality Active Rewards.

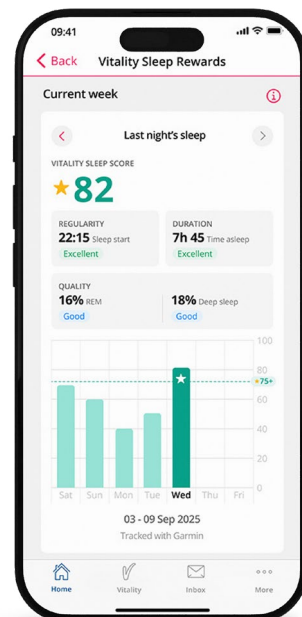
### GET OURA RING 4

Log in to Discovery.co.za, pay the activation fee, choose the finish and size and get Oura Ring 4.



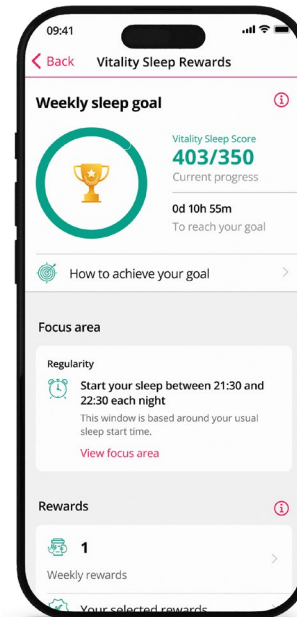
### SLEEP WELL

Your Oura Ring 4 will help you achieve your weekly Vitality Sleep Rewards by tracking each night's sleep.



### GET REWARDED

Achieve your sleep goals with **Vitality Sleep Rewards**, receive weekly rewards and fund your Oura Ring 4 in full.



# Make healthy choices with Vitality

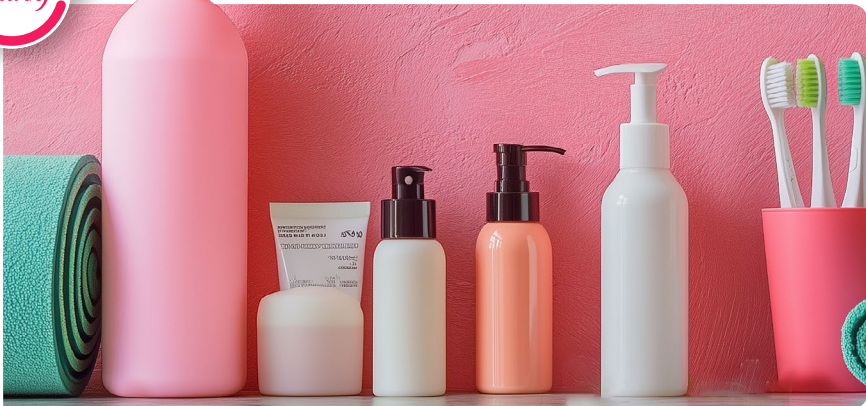
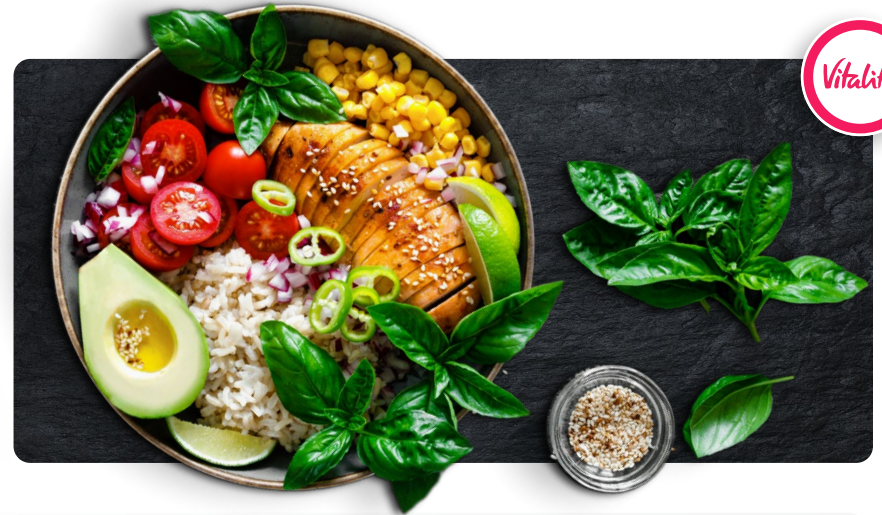
Get rewarded for making healthy shopping choices with the Vitality HealthyFood and Vitality HealthyCare benefits. **Look out for the Vitality indicator online and on shelf labels in-store to make healthier choices.**

## VITALITY HEALTHYFOOD

Get up to 25% back in Discovery Miles on thousands of qualifying HealthyFood items in-store and online, at Checkers, Checkers Sixty60, Woolworths, Woolies app and Woolies Dash.

Checkers 

WOOLWORTHS 



## VITALITY HEALTHYCARE

Get up to 50% back on thousands of personal care items like sunscreen, dental care, nasal spray and more at Clicks or Dis-Chem.

## MAXIMISE YOUR BENEFITS

- 01** Activate the benefit in the Discovery app or website to get **10% back**.
- 02** Increase your reward to **25% back** at your primary partner by completing a Vitality Health Check and Vitality Age assessment every 12 months. Plus, get 10% back at your other partner.
- 03** Boost your rewards by paying with a qualifying Discovery Bank card and managing your finances with Vitality Money.

# Exercise anywhere with **Vitality Fitness**

A fitness experience like no other. Get 75% off a local club membership at Virgin Active or Planet Fitness, book workouts at 500+ facilities and get up to 96 free visits a year at these facilities, smash your padel game or exercise outdoors

## JOIN THE GYM

Get **75% off** your monthly local club membership at Virgin Active or Planet Fitness.

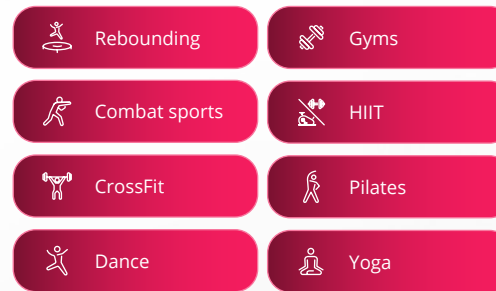


## EXERCISE OUTDOORS

Get **20% off** in our Discovery Vitality Padel network and enjoy advanced booking access. Plus, **parkrun** with Vitality and earn 300 Vitality points, and conquer South Africa's biggest running and cycle races with **Team Vitality**.

## BOOK A WORKOUT

Get up to 8 free visits a month to exercise anywhere in the Vitality Fitness network. The higher your Vitality Health status, the more free visits you get.



and more.



## GET ALL THE GEAR YOU NEED FOR YOUR FITNESS JOURNEY WITH VITALITY ACTIVE GEAR

Get up to **25% off** a qualifying Garmin device, up to the value of R8,000.

**GARMIN**

Get up to **25% off** qualifying sports gear and equipment, up to a spend of R1,000 a month.

**Sportsman Warehouse** TOTALSPORTS  
winning starts here

Get up to **25% off** qualifying Nike sports gear and apparel, up to a spend of R4,000 over the year.

**NIKE**

# Earn and spend more with **Vitality Active Rewards** and **Discovery Miles**

You always get more with Discovery Miles, our shared-value rewards currency that's more valuable than cash. Plus, the healthier your lifestyle, the more rewards you earn.



## VITALITY ACTIVE REWARDS





**Achieve your weekly, personalised Vitality Active Rewards exercise, drive or spend goals by getting active, driving well and spending responsibly.**

**Enjoy weekly rewards.**

Choose an instant reward **OR** play the gameboard on Rewards Wednesday

### SPEND YOUR DISCOVERY MILES

Get **5% to 15% off** every day when you spend your Discovery Miles on discounted rewards in the Vitality Mall, online or in-store at over 45 Discovery Miles retail partners, and on prepaid products in the Discovery Bank app. **Plus**, pay for your flights, accommodation and car hire in Discovery Miles on the Vitality Travel booking platform.

**Checkers**

**CORICRAFT**

**Dial-a-Bed**  
SLEEP FOR LIFE

**Dis-Chem**

FOREVER NEW

**HIRSCH'S**

iStore

**makro**

**NESPRESSO**

NetFlorist

**one day only**

**OUTDOOR WAREHOUSE**

poetry

**takealot**

**TOTALSPORTS**

**Toys R Us**

Uber

Uber Eats

**WOOLWORTHS**

**YUPPIECHEF**

**NEW**

**WOOLWORTHS**

**ALDO**

**DESTINATIONS**  
by FRASERS

**GUESS**

**★ PRET ★**

**showmax**


SUPERBALIST.COM

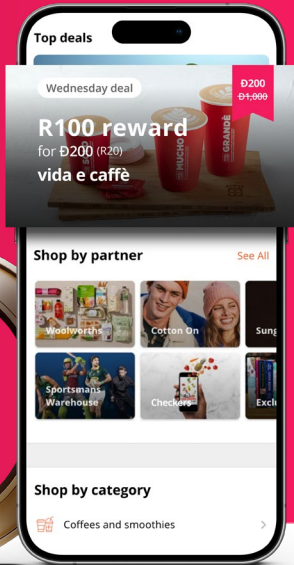
**THE SNEAKER SHACK**

### MAKE YOUR DISCOVERY MILES GO FURTHER

Look out for an unmissable, irresistible deal in the Vitality Mall every **Rewards Wednesday!** For 24 hours only.

You can also double your Discovery Miles discount on **Miles D-Day**, the 15th of every month, and get between 10% and 30% off at selected online and in-store Discovery Miles retail partners.





Discovery Miles do not constitute currency or any other medium of exchange in circulation in South Africa.

# Discover more adventure with Discovery Bank and **Vitality Travel**

Enjoy endless discovery with Vitality Travel. All you need to book your next adventure is a qualifying Discovery Bank account or a Discovery Account with zero monthly fees.

## BOOKINGS

Book discounted flights in a few quick taps on the Discovery Bank app. Plus, book an entire trip, including flights, holiday accommodation and car hire, in one place through Discovery Bank's online banking website.



## CAR HIRE

Enjoy endless road trips across South Africa with your **up to 25% saving** on unlimited car hire bookings at Europcar and Tempest Car Hire.



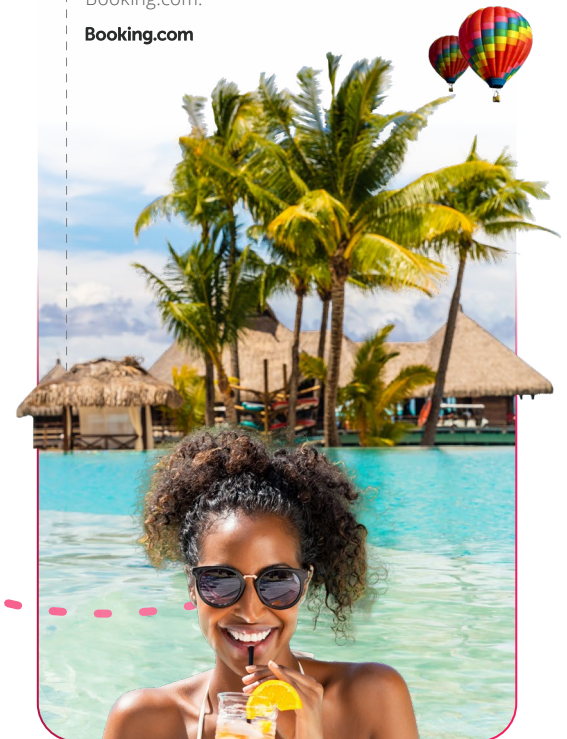
## ACCOMMODATION

Get up to **25% off** local Vitality holiday accommodation options.



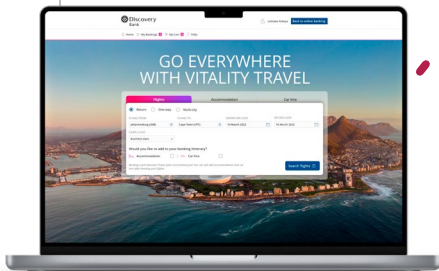
Plus, access non-discounted local and international listings on Vitality Travel through Booking.com.

**Booking.com**



## FLIGHTS

Get up to **75% off** flights on all local airlines and select international carriers. Plus, discover more security with international travel insurance added to your booking.



## PRIORITY FAST TRACK

Breeze through airport security with Discovery Bank Priority Fast Track at OR Tambo and Cape Town International Airport domestic departures. Show your Black or Purple card and you and 5 guests can skip the longer queues.











## THE LOUNGE

Discover a world-class pre-flight experience at The Lounge by Discovery and SAA – complete with five-star coffee, curated cocktails and mocktails, healthy dining options and more.



#### GET THE LATEST INFORMATION ABOUT VITALITY

-  [www.discovery.co.za](http://www.discovery.co.za)
-  Discovery Vitality
-  @Vitality\_SA
-  @vitalitysa\_
-  @Discovery\_SA
-  Discovery\_SA
-  @vitalitysa\_
-  @discovery\_za

#### DOWNLOAD THE DISCOVERY APP



To join **Vitality** or to find out more about our other Vitality products, visit [www.discovery.co.za](http://www.discovery.co.za).

You can also contact your financial adviser or your company's HR representative.

<b>VITALITY RATES</b>	Member: <b>R429</b> + <b>R85</b> per dependant, charged for the first two dependants on your membership.
-----------------------	--

Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Please note all information displayed in this brochure is only a summary of the Vitality benefits. Specific limits, terms and conditions apply to each benefit. All information displayed in this brochure was correct at the time of publishing. Certain benefits will go live during the course of 2026. Members will be alerted when each benefit goes live. Visit [www.discovery.co.za](http://www.discovery.co.za) to stay updated. Discovery Health (Pty) Ltd, registration number 1997/013480/07, is an authorised financial services provider and administrator of medical schemes. Discovery Insure Ltd, registration number 2009/011882/06, is an authorised financial services provider. Product rules, terms and conditions apply. Discovery Life Limited, registration number 1966/003901/06, is a registered long-term insurer, and an authorised financial services and registered credit provider, NCR registration number NCRCP3555. Product rules, terms and conditions apply. Discovery Bank Limited, registration number 2015/408745/06, is an authorised financial services and registered credit provider. FSP number 48657. NCR registration number NCRCP9997. Limits, terms and conditions apply. Discovery Miles do not constitute currency or any other medium of exchange in circulation in South Africa.