

Summary of Points



Get healthy
Get rewarded

Vitality points for each benefit and status

This document sets out the points for the Vitality Programme. For more information about how Vitality works, refer to the main rules.

Maximum Points

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

Understand your health

Online health assessments	Maximum points for a member 18 years and older
Vitality Age	2 000 once a year
Online Fitness Assessment	1 000 once a year
Mental Wellbeing Assessment	2 500 once a year
Non-smoker declaration	5 000 Vitality points once a year. Members over the age of 25 will earn these points automatically each January if they have completed it once.
Vitalitydrive	Up to 6 000 Vitality points per year.

Vitality Health Check	Maximum points for a member 18 years and older
Weight Assessment for men and women 18 years and	500 once a year

over	
Glucose testing for men and women 18 years and over	500 once a year
Blood pressure screening for men and women 18 years and over	500 once a year
Cholesterol screening for men and women 18 years and over	500 once a year

Screening bonus points awarded if your Vitality Health Check results are within the healthy range	Maximum points for a member 18 years and older
Reaching and maintaining goal weight and waist circumference. Body Mass Index (BMI) between 18.5-24.9 OR BMI between 25-29.9, and waist circumference less than 102cm for males and less than 88cm for females	2 500 once a year
Blood pressure – less than 140/90 mmHg	2 500 once a year
Random blood glucose - less than 7.8 mmol/l	2 500 once year
Total Cholesterol - less than 5 mmol/l	2 500 once year

Further Screenings	Maximum points for a member 18 years and older
Glaucoma screening for men and women 40 years and over	2 500 once a year
HIV counselling and testing for men and women 18 years and over	5 000 once a year
Pap smears* for women 65 years and younger	2 500 once a year
Mammograms* for women 40 years and over	2 500 once a year
Colonoscopy for men and women 50 years and over	2 500 once a year
Dental check-up	2 000 once a year

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

Get Healthy	Maximum points for a member 18 years and older
Learn more about your fitness levels at a biokineticist	Up to 20 000 Vitality points
Learn more about your eating habits at a dietitian	Up to 10 000 Vitality points
Have your weight assessed at WeightWatchers SA or Weigh-Less	150 Vitality points per week, per weigh-in

Vitality Baby	Maximum points for a member
Vaccinations 0 - 2 years	5 000 Vitality points when your baby gets all the childhood vaccinations they need
Attending antenatal classes for expectant parents	2 000 Vitality points once a year
CPR Course	2 500 Vitality points once a year, for as many years as the certificate is valid
Double HealthyFood points	1 000 Vitality points per month

Vitality Kids	Maximum points for a child (for children older than two but younger than 18 years)
Dental check-up for children older than two and younger than 18	2 000 once a year
Kids Vitality Health Review from two to 18 years	2 000 once a year
Kids Vitality Health Check from two to 18 years	2 500 once a year

Vaccination and CPR First Aid Course Maximum points	
*Completed vaccinations for children under 18 months. You must send us the vaccination chart before the child reaches 24 months	5 000 once in a lifetime
Flu vaccination (anytime during the year - all members)	1 000 once a year
HPV Vaccinations for males and females aged nine to 25	1 000 once in a lifetime
Pneumococcal Vaccinations for members 65 and older	1 000 once a year
**Childhood Vaccinations for children aged five to seven	1 000 once in a lifetime
CPR First Aid Course for members 18 years and older	2 500 points every year, valid for 2, 3 and 5 years depending on the certificate

*You have to send us the vaccination chart after your child has received all the vaccinations and before your child's second birthday to earn Vitality points.

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

Get active: maximum points

The normal maximum number of points earned for each activity is listed below:

Vitality Fitness points event	Maximum points per member 18 years and older for each event
*Overall maximum for Vitality fitness points	30 000 per year
Workout at fitness partners (Points awarded to children 16 years and older)	100 for an event once a day
Round of golf, member must be registered with the Handicap Network SA	100 for 9 or 18 holes a day
Completing a parkrun event	300 points for each event
Vitality Fitness Assessment	Up to 7 500 for each assessment - maximum of two assessments a year at least five months apart
<u>Fitness devices and apps:</u> <ul style="list-style-type: none"> Track 5 000 to 9 999 steps a day Track 10 000 to 12 499 steps a day Track 12 499 steps or more a day Do at least 30 minutes of physical activity a day at or above a specific intensity for at least 30 minutes a session. You will be awarded Vitality point depending on the data your device collects. 	50 points a day 100 points a day 300 points a day Up to 3 000 points a day

Outdoor Sporting Events: maximum points

The normal maximum number of points earned for each activity is listed below:

Category 1 events <ul style="list-style-type: none"> - Running/Trial Run: 5 – 9km - Swimming: 0.5 – 1 km - Paddling/surfski/canoeing: 5 – 9km - Multisport/adventure racing: 5 – 14km - Endurance horse riding: 40 – 59km - Obstacle race: 5 - 14km 	300 points
Category 2 events <ul style="list-style-type: none"> - Walking and running: 10 – 20km - Trail Run: 10 – 19km - Swimming: 1.1 – 3km - Paddling/surfski/canoeing: 10 – 29km - Road Cycling: 25 – 49km 	600 points

<ul style="list-style-type: none"> - MTB Cycling: 10 – 49km - Endurance horse riding: 60 – 119km - Duathlon: 25 – 45km - Triathlon (off road): 20 - 39km - Triathlon (road): 25 – 51.4km - Adventure racing: 25 – 49km - Obstacle race: 15km+ 	
Charity & Championship events	100 points
Category 3 events <ul style="list-style-type: none"> - Walking & running: 21 – 41km - Trial run: 20 – 24km - Swimming: 3.1 – 5.9km - Paddling/surfski/canoeing: 30 – 39km - MTB: 50 – 74km - Road cycle: 50 – 99km - Duathlon: 46 – 54km - Triathlon (off road): 40 – 59km - Triathlon (road): 51.5 – 122km - Adventure racing: 50 – 74km - Endurance horse riding: 120 – 159km 	1 500 points
Category 4 events <ul style="list-style-type: none"> - Road run: 42+km - Trail run: 25+km - Swimming: 6+km - Paddling/surfski/canoeing: 40+km - MTB: 75+km - Road cycle: 100+km - Duathlon: 55+km - Triathlon (off road): 60+km - Triathlon (road): 113+km - Adventure racing: 75+km - Endurance horse riding: 160+km 	3 000 points
Discovery Sponsored Event	
Short event <ul style="list-style-type: none"> - Walking & running: <15km - Swimming: <4km - Paddling/surf ski/canoeing: <15km - Cycling: <40km 	3 000 points
Long event <ul style="list-style-type: none"> - Walking & running: >=15km - Swimming: >=4km - Paddling/surf ski/canoeing: >=15km - Cycling: >=40km - Multisport/adventure racing: All distances 	3 000 points

Note: Points will only be awarded for one fitness activity a day. If you complete two fitness activities in one day, then the higher points between the two will be awarded.

Eat healthily: maximum points

Summary of eating healthy points	
HealthyFood items	20 points for each HealthyFood item.
Less desirable item	20 points deducted for each less desirable item

The Vitality membership can earn up to a maximum of 1 000 Vitality points every month.

Make healthy choices: maximum points

Activity	Vitality points
Not smoking	
<p>Being a non-smoker or stopping smoking for three months</p> <p>Non-smoker points can be earned by members 18 years and older through any of the following activities:</p> <ul style="list-style-type: none"> • Submit declaration online at www.discovery.co.za • Contact Vitality call centre on 0860 99 88 77 <p>If you are 25 years or older, and have signed the non-smoker's declaration before, the declaration will be automatically signed for you. Please let us know if your smoking status has changed.</p>	5 000 points a year
Health	
<p>Glucose tracking</p> <ul style="list-style-type: none"> • Tracking points for self-reported data • For uploading recorded data from approved glucose monitor/device integrated with Vitality and having glucose readings within a specific range 	<p>10 Vitality points for a self-reported daily glucose reading for seven days in a row – limited to 1000 points a year.</p> <p>25 Vitality points for a daily glucose reading recorded with a device for seven days in a row – limited to 1 000 points a year.</p>
<p>Asthma tracking</p> <ul style="list-style-type: none"> • Tracking your peak flow rate (self-reported data) 	10 Vitality points for each Peak Flow Rate reading, up to 1 000 points a year

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	15 000	35 000	45 000	Reach Gold Vitality status for three consecutive years
Main member +1 member 18 years and older		30 000	70 000	90 000	
Main member +2 members 18 years and older		40 000	90 000	120 000	
For each additional member 18 years and older		10 000	20 000	30 000	

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.

Benefits where child dependants (younger than 18 years old) earn points

Child dependants on their parents Vitality policy, younger than 18 years can only earn points for certain benefits.

Summary of points earned by child dependants younger than 18 years

Kids Vitality Health Review	2 000 a year	Child dependants older than two but younger than 18 years
Kids Vitality Health Check	2 500 a year	Child dependants older than two but younger than 18 years
Dental check up	2 000 a year	Child dependants older than two but younger

		than 18 years
Optometry visit	2 000 points in a lifetime	Children between three and five years old
Taking part in Discovery sponsored events	3 000 Vitality points	Only for children older than six
Taking part in a parkrun	300 Vitality points	Only for children older than six
Gym partner visits or for working out with a fitness device	100 Vitality points	Only for children older than 16

The benefits for child dependants end at 12am (midnight) on the day of their 18th birthday. This means that they cannot use any benefits for child dependants under 18 on the day of their 18th birthday (or anytime afterwards).

Terms and conditions apply. If you have any questions or need more information about this benefit and a set of the full Vitality rules, please visit www.discovery.co.za and click on Discovery Vitality or call our call centre on 0860 99 88 77.

Stay in touch

If you have any questions or need more information about summary of points, 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 Rules – the Vitality Main Rules will apply at all times.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow

Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).

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