



Vitality rewards members for getting healthy

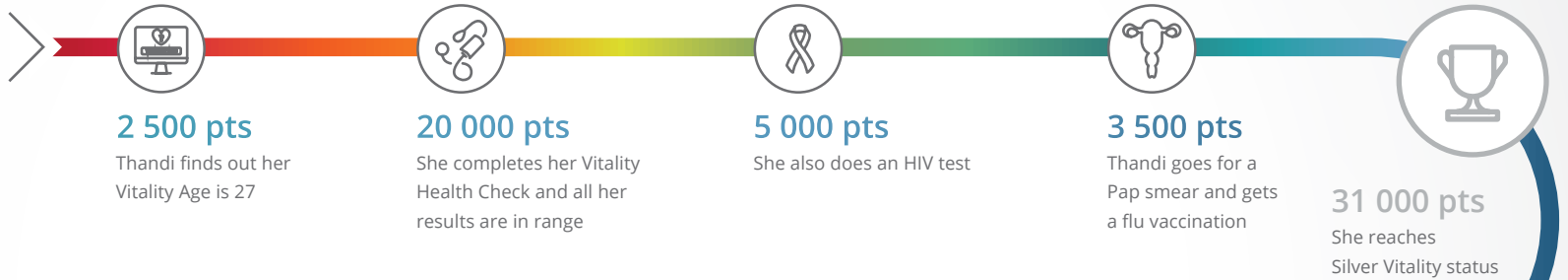
# Meet Thandi

Thandi is a 29-year-old designer on Diamond Vitality status. She engages in Vitality Active Rewards to keep fit.



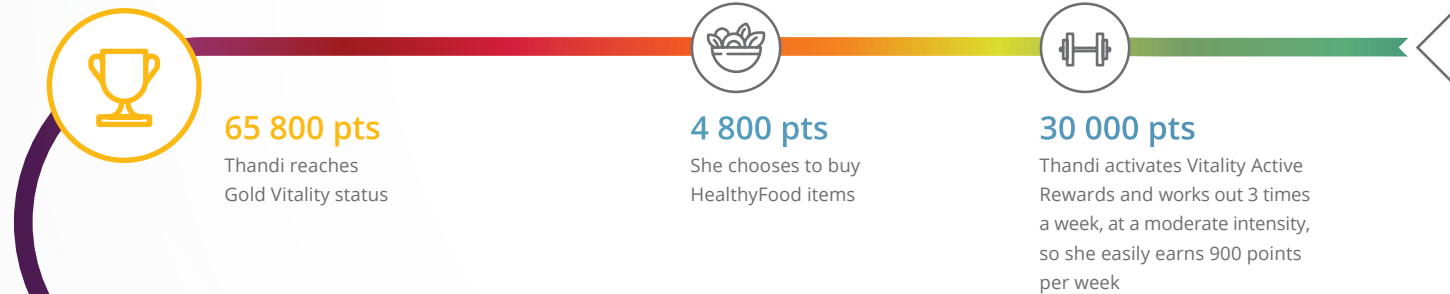
## Thandi starts her journey by completing her health checks and assessments

In order to ensure the early detection of health risks, it is important for Thandi to complete various health checks and assessments which differ based on age and gender

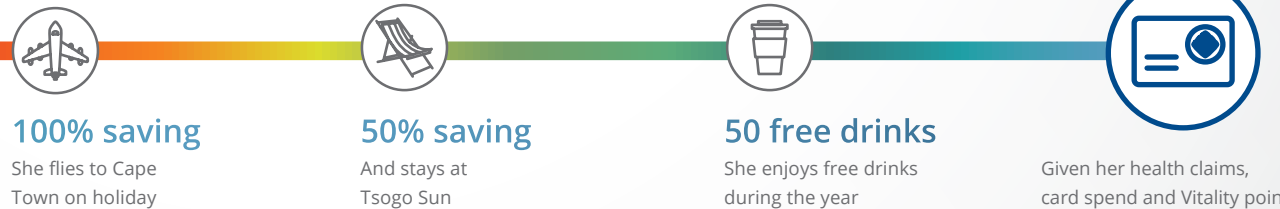


## She joins a personalised wellness journey

Thandi joins an appropriate wellness journey to improve and maintain her good health and lower her risk of disease



## She gets rewarded for being healthy



Given her health claims, card spend and Vitality points, she gets **29 610**

**Discovery Miles**