

# Summary of Points



Get healthy  
Get rewarded



## Vitality points for each benefit and status

This document sets out the points you can earn when you engage in the Vitality Programme. For more information about how Vitality works, refer to the main rules.

### Maximum Points

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

#### 1. Find out your Vitality Age

Understand how healthy you are relative to your actual age: 2 500 Vitality points once a year

#### 2. Do your Vitality Health Check

Vitality Health Check	Results in range
<b>Weight assessment</b> which includes weight, height and waist circumference for men and women 18 years and over	<p>2 500 pts Doing the assessment</p> <p>5 000 pts 2 results in range</p> <p>10 000 pts 3 results in range</p> <p>15 000 pts 4 results in range</p> <p>20 000 pts 5 results in range</p> <p>up to 20 000 points</p>
<b>Glucose testing</b> for men and women 18 years and over	
<b>Blood pressure screening</b> for men and women 18 years and over	
<b>Cholesterol screening</b> for men and women 18 years and over	
<b>Non-smokers declaration</b>	

\* The Vitality Health Check has been enhanced and will now be made up of 5 measures, i.e. blood pressure, blood glucose, cholesterol, a weight assessment and signing a non-smokers declaration. You can earn up to 20 000 Vitality points depending on how many results are in range.

### 3. Do further health checks depending on your age and gender

Health Check	Maximum points
<b>Colonoscopy</b> for men and women 50 years and over	2 500 once a year
<b>Dental check-up</b>	1 000 once a year
<b>Glaucoma screening</b> for members 40 years and older	2 500 once a year
<b>HIV counselling and testing</b> for members 18 years and older	5 000 once a year
<b>Mammograms*</b> for women 40 years and older	2 500 once a year
<b>Pap smears*</b> for women between the ages of 16 and 65 years old	2 500 once a year
<b>Vision test</b> for members 60 years and older	1 000 once a year

\*Visit a healthcare provider for a Pap smear once every three years and for a Mammogram once every two years. You will earn the points in the year of the screening, and in the next year/s. Visit a healthcare provider for a colonoscopy once every ten years. You will earn the points in the year of the screening, and in the following nine years.

### 4. Choose to eat healthy

Eat Healthy	Maximum points for a member 18 years and older
<b>HealthyFood items</b>	20 points for each HealthyFood item
<b>Unhealthy items</b>	20 points deducted for each unhealthy item purchased
<b>Have your weight assessed at Weight Watchers SA</b>	150 Vitality points per week, per weigh-in
<b>Learn more about your eating habits at a dietitian</b>	Up to 1 000 Vitality points

## 5. Points for expecting and new mothers

<b>Vitality Baby</b>	<b>Maximum points for a member</b>
<b>Vaccinations 0 - 2 years</b>	500 points per vaccination event
<b>Attending antenatal classes</b> for expectant parents	2 000 Vitality points once a year
<b>CPR Course</b>	2 500 Vitality points once a year, for as many years as the certificate is valid
<b>Well Baby Clinic visits at Clicks or Dis-Chem</b>	Up to 2 500 Vitality points once a year

Plus earn double points for selected fitness activities and for buying HealthyFood items during pregnancy and until your baby is six months old.

## 6. 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.

<b>Summary of points earned by child dependants younger than 18 years</b>		
<b>Kids Vitality Health Review</b>	500 a year	Child dependants older than two but younger than 18 years
<b>Kids Vitality Health Check</b>	500 a year	Child dependants older than two but younger than 18 years
<b>Dental health check</b>	1 000 a year	Child dependants older than two but younger than 18 years
<b>Optometry visit</b>	1 000 points in a lifetime	Children between three and five years old
<b>EyeGym</b>	2 500 Vitality points	Children aged 6-18 years old
<b>Taking part in a parkrun</b>	300 Vitality points	Only for children older than six
<b>Gym partner visits</b>	100 Vitality points	Only for children older than 12
<b>Working out with a fitness device</b>	Up to 300 Vitality points	Only for children older than 16

\*Kids 6 years and older can start earning Vitality points for fitness activities. Kids 12 years and older can earn points for gym. Kids can earn up to 20 000 fitness points a year.

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).

## 7. Vaccinations for the whole family

<b>Vaccinations</b>	
Flu vaccination (all Vitality members)	1 000 once a year
Flu vaccination (bonus points for members 60 years and older)	1 000 once a year
HPV Vaccinations for members between the ages of nine and 25 years old	1 000 once in a lifetime
Pneumococcal Vaccinations for members 60 years and older	1 000 once a year
Shingles vaccinations for members 60 years and older	1 000 once a year
*Vaccinations for children under the age of two	500 per vaccination event
**Childhood Vaccinations for children aged four to seven	1 000 once in a lifetime

\*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 four and seven years old will earn Vitality points for having the five repeat vaccinations.

## 8. Earn points for getting active

<b>Vitality Fitness points event</b>	<b>Maximum points per member 18 years and older for each event</b>
<b>*Overall maximum for Vitality fitness points</b>	30 000 per year
<b>*Overall maximum for Vitality fitness points for Kids</b>	20 000 per year
<b>Vitality Fitness Assessment</b>	Up to 7 500 Vitality points once a year
<b>Vitality High Performance Fitness Assessment</b>	A bonus of up to 10 000 Vitality points depending on how fit you are
<b>Earning Vitality points for different fitness activities</b>	

Fitness points				
	50	100	200	300
Workout activities		Health clubs Round of golf Preggi Bellies Run/Walk For Life		parkrun Run/Walk For Life 5km+
Steps	5 000 – 9 999 steps*	10 000+ steps		
Speed workouts		30+ min		
Light workouts at 60 – 69% of max heart rate		30+ min*		
Moderate workouts at 70 – 79% of max heart rate			30 – 59 min	60+ min
Vigorous workouts at 80%+ of max heart rate				30+ min

**Earn speed workout fitness points by:**

Running at an average of 5.5+ km/hr  
Swimming at an average of 1.5+ km/hr  
Cycling at an average of 10+ km/hr

**Heart rate target tip:**

Calculate your maximum heart rate by subtracting your age from 220.

Use [this easy guide](#) for more info.

### Endurance and High Performance athletes

Fitness points						
	50	100	200	300	450	600
Workout activities		Health clubs Round of golf Preggi Bellies Run/Walk For Life		parkrun Run/Walk For Life 5km+		
Steps	5 000 – 9 999 steps*	10 000+ steps				
Speed workouts		30+ min				
Light heart rate workouts at 60 – 69%		30 – 89min*		90 – 119 min	120 – 179 min	180+ min
Moderate heart rate workouts at 70% – 79%			30 – 59min	60 – 89 min		
Endurance heart rate workouts at 70%+					90 - 119 min	120+ min
Vigorous heart rate workouts at 80%+				30 – 89 min		

**Earn speed workout fitness points by:**

Running at an average of 5.5+ km/hr  
Swimming at an average of 1.5+ km/hr  
Cycling at an average of 10+ km/hr

**Heart rate target tip:**

Calculate your maximum heart rate by subtracting your age from 220.

Use [this easy guide](#) for more info.

Note: Points will only be awarded for one fitness activity a day. If you complete more than one fitness activity in a day, then the higher of the activities will be awarded.

\* The points you earn from your Vitality Fitness Assessment contribute towards your yearly cap of 30 000 fitness points. The bonus points you earn from your Vitality High Performer Fitness Assessment don't contribute towards your yearly cap of 30 000 fitness points.

## 9. Vitalitydrive

If you have insured your car on the Classic Plan or Executive Plan, you can join Vitalitydrive and earn up to 6 000 Vitality points per year.

### Points needed to reach each status

The table below shows how many Vitality points members need to reach each status.

	<b>Blue status</b>	<b>Bronze status</b>	<b>Silver status</b>	<b>Gold status</b>	<b>Diamond status</b>
Single member	You start at Blue Vitality status	10 000	30 000	45 000	Reach Gold Vitality status for three consecutive years
Main member +1 member 18 years and older		20 000	60 000	90 000	
Main member +2 members 18 years and older		30 000	80 000	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 18<sup>th</sup> birthday.

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 check the website.

## Find out more





If you have any questions or need more information about Vitality points and status, go to [www.discovery.co.za](http://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 Main Rules – the Vitality Main Rules will apply at all times.

## Stay in touch

If you have any questions or need more information about this benefit, please visit [www.discovery.co.za](http://www.discovery.co.za)

Keep up to date with the latest news from Vitality: visit [www.discovery.co.za](http://www.discovery.co.za), download the



Discovery app, follow Discovery Vitality on    (@Discovery\_SA) and  (DiscoverySA).