

SUMMARY OF VITALITY HEALTH POINTS

Vitality points for each benefit and status

This document sets out the Vitality points you can earn when you engage in the Vitality Health Programme. For more information about how Vitality works, visit www.discovery.co.za.

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



01 | ONLINE ASSESSMENTS

Find out your Vitality Age **1,500 Vitality points once a year**

Complete Mental Wellbeing Assessments **1,000 Vitality points a year**
(500 Vitality points, twice a year - assessments need to be completed 6 months apart to earn the total 1,000 Vitality points.)



02 | DO YOUR VITALITY HEALTH CHECK

The Vitality Health Check is made up of five measures: blood pressure, blood glucose, cholesterol, a weight assessment (which includes weight, height and waist circumference) and signing a non-smoker's declaration. The Vitality Health Check for 65+ consists of the regular Vitality Health Check with additional age-related screenings. We've also adjusted the biometric ranges to be a more appropriate measure of your risk.

The number of points you can earn for completing a Vitality Health Check is based on how healthy you are. You can view a more detailed explanation of how points are awarded for each measure as well as Vitality Health Check ranges [here](#). If your results are out of range and you complete the assessment again, you will only be awarded additional Vitality points if your tests are performed at least 90 days apart. This allows sufficient time for you to address your underlying risk factors and take steps towards improving your results.

The Virtual Vitality Health Check-in is a telephonic or online consultation with a wellness specialist designed to help manage existing health risks, potentially identify new health risks and recommend ways to improve your health and wellness. The Virtual Vitality Health Check-in does not replace your in-person Vitality Health Check. You will earn 2,500 Vitality points for your Virtual Vitality Health Check-in, but if you choose to you can still visit a pharmacy or your GP to do an in-person Vitality Health Check. The points will contribute to the maximum 22,500 points you can earn for completing an in-person Vitality Health Check.

VITALITY POINTS FOR A VITALITY HEALTH CHECK

In-range results	0 high-risk results	1 or more high-risk results
5	22,500	
4	15,000	5,000
3	10,000	5,000
2	7,500	5,000
1	5,000	5,000

For a partially completed Vitality Health Check, Vitality points will be allocated as per the below:

- 4 results in range: 5,000 points
- 3 results in range: 2,500 points
- Fewer than 3 results in range: 0 points

Vitality 65+ members who complete the additional assessment in their 'VHC for 65+' (falls risk) are awarded 500 Vitality points that can accumulate to the maximum threshold of 22,500 points. Upon completion of the Vitality Health Check for 65+, members will get access to a detailed clinical report that highlights their key risk areas and offers personalised recommendations of available Vitality benefits to improve their health.



03 | DO ADDITIONAL SCREENING BASED ON YOUR AGE AND GENDER

Additional screening:	Maximum Vitality points:
Colon Cancer Screening for men and women 45 years and older*	2,500 Vitality points once a year
Bone mass density test for women aged 65 and older and men aged 70 and older**	2,500 Vitality points once a year
Dental check-up	1,000 Vitality points once a year
Glaucoma screening for members 60 years and older	2,500 Vitality points once a year
Mammograms for women 40 years and older***	2,500 Vitality points once a year
Pap smears for women between the ages of 25 and 65 years old***	2,500 Vitality points once a year
Vision test for members 60 years and older	1,000 Vitality points once a year
HIV counselling and testing for members 18 years and older	7,500 Vitality points once in a lifetime For your first HIV test as a Vitality member 1,000 Vitality points once a year If you have previously earned Vitality points for HIV screening.
Hearing test****	1,000 Vitality points once a year Applies for both Audiologist and Acoustician tests
Optometrist****	Up to 3,500 Vitality points once a year
Premier PLUS GP consult****	Up to 2,500 Vitality points once a year

*All Vitality members who are 45 years and older will earn Vitality points for having a colonoscopy or a faecal immunochemical test or a faecal occult blood test. Members who are within the 10 year period of having had a colonoscopy will not receive points for doing a faecal immunochemical test or faecal occult blood test. Please consult your doctor before choosing how you screen for colon cancer. Visit a healthcare provider for a colonoscopy once every ten years. You will earn the points in the year of the colonoscopy screening, and in the following nine years. However, members will only earn one set of 2,500 points and not every year for the 10 years if they do a faecal immunochemical test or faecal occult blood test.

** Bone mass density tests may be done by DEXA (Dual-energy X-ray absorptiometry) once every 2 years, and members will earn the points for both years that the test is valid. Please consult your doctor before choosing how you screen for osteoporosis.

*** 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. Members 25 to 65 will earn 2,500 Vitality points for having an HPV cervical cancer test done every five years; points will therefore carry over for four years. This is an alternative to a Pap Smear. Points will only be awarded for either a Pap Smear (current rules of points awarded for 3 years carry over for Pap Smear apply) or for an HPV cervical cancer test but not for both.

**** Valid for Vitality 65+ members only.



04 | EARN POINTS FOR GETTING ACTIVE

Maximum Vitality points per member 18 years and older for each event:

Overall maximum Vitality fitness points **30,000 Vitality points per year**

Vitality Fitness Assessment **Up to 10,000 Vitality points once a year**

Vitality Functional Assessment available to **Vitality 65+ members** **2,500 Vitality points once a year**

Calculate how many Vitality fitness points you will earn for your workouts [here](#).



05 | VITALITY CARDIO FITNESS LEVELS

You can earn up to 10,000 Vitality fitness points every year based on your Vitality Cardio Fitness Level.

Your Vitality Cardio Fitness Level is measured by and is based on the highest average of your 5 most recent VO2 max readings in a calendar year. Your VO2 max potential depends on many factors, including age, sex, past and current health, and exercise behaviors.

Whatever your cardio fitness level, you can improve it to enjoy better health and get rewarded with Vitality. The higher your Vitality Cardio Fitness Level, the more Vitality points can earn.

VITALITY CARDIO FITNESS LEVELS

	Vitality points
Superior	10,000 Vitality points
Excellent	7,000 Vitality points
Good	4,500 Vitality points
Fair	2,500 Vitality points
Low	1,000 Vitality points

[Find out more.](#)

FITNESS POINTS AND CAPS FOR INDIVIDUALS 18 - 64 YEARS

	Vitality points
Vitality online workout - 30+ minute workout*	50
Vitality Anywhere - 30+ minute workout	100
Gym workout - 30+ minute workout	100
5,000 - 9,999 steps* ^{&***}	50
10,000+ steps**	100
parkrun	300
30+ minutes speed workout*	100
30 - 59 minutes at 60% - 69% of max heart rate*	100
60 - 89 minutes at 60% - 69% of max heart rate*	200
90+ minutes at 60%+ of max heart rate*	300
15 - 29 minutes at 70%+ of max heart rate*	100
30 - 59 minutes at 70% - 79% of max heart rate	200
60+ minutes at 70%+ of max heart rate	300
30+ minutes at 80%+ of max heart rate	300

*These workouts are capped at 1,000 Vitality points per year towards your Vitality status.

**These step workouts are capped at 1,200 Vitality points per month towards your Vitality status.

Fitness points with a cap will still count towards your weekly Vitality Active Rewards exercise goals, even after you have reached the monthly and/or annual points cap.

Example: Sam has completed ten 30 - 59 minute workouts at 60% - 69% of her max heart rate and has hit the annual 1,000 points cap. Any additional fitness points earned for 30 - 59 minute workouts at 60% - 69% of her max heart rate will not contribute towards Vitality Status, but will still count towards her Vitality Active Rewards goals.

<p>Earn speed workout fitness points by:</p> <p>Running at an average of 5.5+ km/hr</p> <p>Swimming at an average of 1.5+ km/hr</p> <p>Cycling at an average of 10+ km/hr</p>	<p>Heart rate target tip:</p> <p>Calculate your maximum heart rate by subtracting your age from 220.</p> <p>Use this easy guide for more info.</p>	<p>Recognising endurance training</p> <p>Members who do longer workouts at a light intensity of 60%–69% of their age-related maximum heart rate can now earn 200 points for a workout of 60–89 minutes and 300 points for a workout longer than 90 minutes.</p>	<p>Recognising shorter workouts</p> <p>Members who prefer doing shorter workouts at a moderate or high intensity of over 70% of their age-related maximum heart rate can now earn 100 points.</p>
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FITNESS POINTS AND CAPS FOR MEMBERS AGED 65+

	Vitality points
Vitality online workout - 30+ minute workout*	50
Vitality Anywhere workout - 30+ minute workout	100
Gym workout - 30+ minute workout	100
5,000 - 7,499 steps*&**	50
7,500+ steps**	100
parkrun	300
30+ minutes speed workout*	100
30 - 59 minutes at 60% - 69% of max heart rate	100
60 - 89 minutes at 60% - 69% of max heart rate	200
90+ minutes at 60%+ of max heart rate	300
15 - 29 minutes at 70%+ of max heart rate*	100
30+ minutes at 70%+ of max heart rate	300

*These workouts are capped at 1,000 Vitality points per year towards your Vitality status.

**These step workouts are capped at 1,200 Vitality points per month towards your Vitality status.

FITNESS POINTS FOR ENDURANCE AND HIGH PERFORMANCE ATHLETES

	Vitality points
90 - 119 min at 60% - 69% of max heart rate	300
120 - 179 min at 60% - 69% of max heart rate	450
180+ min at 60%+ of max heart rate	600
90 - 119 min at 70%+ of max heart rate	450
120+ min at 70%+ of max heart rate	600

Note: These Vitality points are in addition to the points in the tables above.

To apply for the endurance and high performance athlete category, click [here](#).

Vitality members can earn up to 10,000 **Vitality fitness points** every year for their cardio fitness.

Your VO2 max potential depends on many factors, including age, sex, past and current health, and exercise behaviors. Vitality uses verified global norms that take your age and sex into account.

Whatever your cardio fitness level, you can improve it to enjoy better health and get rewarded with Vitality. The higher your fitness level, the more points you'll earn.

TIMED AND VERIFIED RACE EVENTS POINTS

Claim your Vitality points online or via the Discovery app. Remember to attach your proof of race completion with a race certificate or other supporting documentation.

	300	600	1,500	3,000
 walking/running event	5 – 9km	10 – 20km	21 – 41km	42km+
 swimming event	0.5 – 1km	1.1 – 3km	3.1 – 5.9km	6km+
 cycling event	25 – 49km	50 – 99km	100 – 179km	180km+
 obstacle course races event	3.5 – 7.9km	8 – 14.9km	15 – 29.9km	30km+
 trail running	3.5 – 7.9km	8 – 14.9km	15 – 29.9km	30km+
 mountain bike	15 – 35.9km	36 – 64.9km	65 – 119.9km	120km+
 canoe	5 – 9km	10 – 29km	30 – 39km	40km+
 paddle board	5 – 9km	10 – 29km	30 – 39km	40km+
 surfski	5 – 9km	10 – 29km	30 – 39km	40km+

We also recognise our duathletes and triathletes with the full set of points per event discipline, for example, earn 9,000 points for a full Iron man.

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.



06 | CHOOSE TO EAT HEALTHY

- 20 Vitality points for each HealthyFood item **Maximum points for a member 18 years and older:**
- 20 Vitality points deducted for each unhealthy item purchased **Earn up to 12,000 Vitality points a year**
- Learn more about your eating habits at a dietitian **Up to 1,000 Vitality points**
- Or
- Learn more about your healthy eating habits at a HealthyWeight nutrition consultation
- Or
- Check in after your first 4 weeks after a HealthyWeight programme



07 | POINTS FOR EXPECTING AND NEW PARENTS

Maximum points for a member:

- Vaccinations 0 – 2 years** **500 Vitality points per vaccination event**
- Attending antenatal classes** for expectant parents **2,000 Vitality points once a year**
- Well Baby Clinic visits at Clicks or Dis-Chem** **Up to 2,500 Vitality points once a year**

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



08 | VACCINATIONS FOR THE WHOLE FAMILY

Flu vaccination (all Vitality members from the age of 6 months)	1,000 Vitality points once a year only awarded if received from March to September
Flu vaccination (bonus points for members 60 years and older)	1,000 Vitality points once a year only awarded if received from March to September
HPV vaccinations for members aged 9 to 14 years of age (2 doses)	1,000 Vitality points once in a lifetime once you have completed the full course
OR	
HPV vaccinations for members aged 15 to 26 years of age (3 doses, 6 months apart)	1,000 Vitality points once in a lifetime once you have completed the full course
Pneumococcal vaccinations for members 65 years and older***	1,000 Vitality points per vaccination once in a lifetime
Shingles vaccinations for members 60 years and older***	1,000 Vitality points once in a lifetime
Vaccinations for children under the age of two*	500 Vitality points per vaccination event
Childhood vaccinations for children aged four to seven**	1,000 Vitality points once in a lifetime
Meningococcal conjugate vaccination for children aged 9 - 23 months (in two doses)****	500 Vitality points once in a lifetime
Meningococcal conjugate vaccination for children aged 2 - 23 years (Catch up - 1 dose)****	500 Vitality points once in a lifetime

* Please send us proof of the vaccination once your child has received the vaccination and before your child's second birthday to earn Vitality points. You can upload the proof on <https://www.discovery.co.za/portal/individual/claim-vitality-points>

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

*** Vitality 65+ members will need to bring along a script from your GP to conduct your vaccine during the Vitality Health Check for 65+.

**** It is recommended that the Meningococcal vaccine be administered at 9 - 23 months in two doses. If the child does not receive the two doses between 9 months to 23 months, then a single dose is recommended from age 2 years to 23 years. 1,000 Vitality points will only be awarded for the two doses at 9 months to 23 months or 500 Vitality points for the single dose from age 2 years to 23 years, once in a lifetime.



09 | MANAGING CHRONIC CONDITIONS

Vitality members registered on the Chronic Illness Benefit with Discovery Health can earn up to 2,500 Vitality points a year for managing your chronic conditions. The qualifying conditions are diabetes, hyperlipidaemia, high blood pressure and ischemic heart disease.






[Find out more.](#)



10 | POINTS NEEDED TO REACH EACH STATUS

Your Vitality status is a key indicator of health. You'll increase your Vitality status as you prioritise understanding your health and taking steps to improve it.

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

					
	BLUE	BRONZE	SILVER	GOLD	DIAMOND
Single member	You start at Blue Vitality status	7,500	25,000	40,000	50,000
Main member +1 member 18 years and older		15,000	50,000	80,000	100,000
Main member +2 members 18 years and older		18,750	62,500	100,000	125,000
For each additional member 18 years and older*		+ 3,750	+ 12,500	+ 20,000	+ 25,000

* Additional adult dependants can only earn a maximum of 25,000 Vitality points per year.

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.

Note: Vitalitydrive clients under the age of 30, who are active members of Vitality, using the Discovery Insure application (app) and TAG solution on insure qualify for an additional 500 Vitality points on a monthly basis if they get a Driver Performance Score (DPS) of more than 1,000 points.

Terms and conditions apply. If you have any questions or need more information 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. 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**

If you claimed for your screening, assessment or vaccination from a medical scheme plan administered by Discovery Health (Pty) Ltd, or if you completed it at a pharmacy in the Vitality Wellness Network, we will receive your results automatically and will award your points. If you are a Discovery Life only, Group Risk only, Libcare Medical Scheme member or you did not complete your assessment, screening or vaccination at a Vitality Wellness Network pharmacy, please submit your results [here](#).

Keep up to date with the latest news from Vitality: visit www.discovery.co.za, download the Discovery app, follow Discovery Vitality on



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