

# Discovery Vitality: The wellness programme that rewards you for getting healthier

Vitality helps you to get healthier by giving you the knowledge, tools, personalised wellness programmes and motivation to improve your health. Apart from the fact that a healthy lifestyle is generally more rewarding, it's been clinically proven that Vitality members live longer and have lower healthcare costs than non-Vitality members. So join today and start the journey to a healthier you and a more rewarding lifestyle.



Find out your Vitality Age



Online health tools and assessments



Learn more about your eating habits



Do a Vitality Health Check



Find out your fitness levels



Learn about children's health



Get up to 25% cash back on HealthyFood at Pick n Pay or Woolworths



Get up to 25% cash back on personal care products and on adidas gear



Get active and save up to 80% at gym partners



Use the Discovery app and fitness devices to monitor fitness



Save at weight-loss partners



Save on stopping smoking



The Vitality LiveWell Programmes are tailored to support individual health needs



Up to 35% savings on local and international flights



Up to 50% savings on a wide range of hotel accommodation



Up to 25% savings on car rental



Free calls\* and boosted data with VitalityMobile



Wide variety of shopping rewards



Movies at less than half price



Even more rewards with a DiscoveryCard

To join Vitality or to find out more, visit [www.tfgmedicalaidsscheme.co.za](http://www.tfgmedicalaidsscheme.co.za), call 0860 123 077, or contact your financial adviser or your company's HR representative.

To apply for your DiscoveryCard, call 0860 11 22 73. Please note that all information displayed here is only a summary of the Vitality benefits. Specific terms and conditions apply to each benefit.

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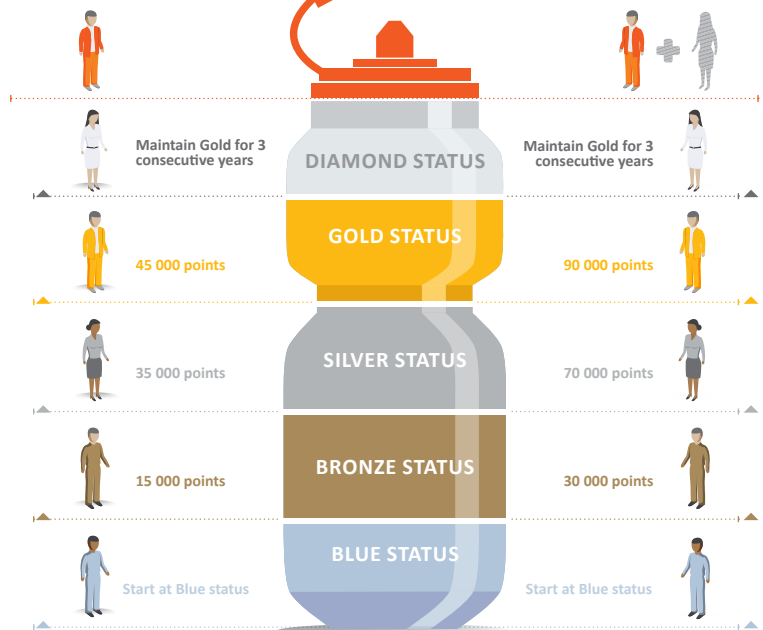


## The Vitality points guide

Start at Blue status and move up the Vitality ladder as you improve your health and earn Vitality points through healthy activities. You'll move from Blue status to Bronze, Silver, Gold and finally to the highest – Diamond Vitality status.

### Single member

### Member plus one dependant aged 18 years and older



For each additional member aged 18 years and older, add: 10 000 (Bronze), 20 000 (Silver), 30 000 (Gold).

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