



## Vitality Hacks 2020

Getting to GOLD is the name of the game in order to unlock the maximum benefits Vitality has to offer. Below is a “How To” guide on the easiest ways to accumulate Vitality Points, in order to achieve that all important GOLD status.

### Vitality Health:

1. Do your Vitality Age Online (1 500 points) - <https://www.discovery.co.za/portal/individual/vitality-phr>
2. Understanding your Mental Wellbeing Questionnaires (1 000 points) (Link available in 2020)
3. Register your HealthyFood, Gear and Care - <https://www.discovery.co.za/vitality/rewards-partners>
4. Complete your annual Vitality Health Check at any Dischem or Clicks (up to 22 500 points)
  - Phone any Dischem or Clicks and ask to book a Vitality Health Checkup.
  - Hint - Try not have a big night the night beforehand or excessive sugar. In addition, try not to eat for a few hours prior to the test as this can raise your Glycogen Levels which equals points loss 😊
5. Vitality Fitness Assessment (up to 7 500 points) - <https://www.discovery.co.za/portal/individual/vitality-fitness-assessment-tcb>

MOVE!!! Discovery want their members to be consistently active. This is made easier through your Discovery app on your cell phone. Getting a fitness tracking device such as a Garmin, FitBit, Polar, Suunto or Apple Watch will help you achieve your daily goals in the easiest way possible. There are a maximum of 30 000 points through exercise per year including your fitness assessment points.

6. Buying Healthy Food items – up to 12 000 points
7. Driving Well (If you are on Discovery Insure) - 6 000 points
8. HIV Test (First ever test – 7 500 points, thereafter, every subsequent year – 1 000 points)
9. Colonoscopy – 2 500 points (only for over 50's)
10. Flu Vaccinations – 1 000 points (only in flu season)
11. Dental Check-up – 1 000 points per family member
12. VitalityBaby - Earn double points for HealthyFood purchases during the Vitality Baby 1000 days programme.
13. Care Program – 2 500 points (by invitation only for chronic care members)
14. Antenatal classes – 2 500 points
15. Dietician – 1 000 points (<https://www.discovery.co.za/portal/vitality/dietitian-visit>)

**For Women:**

- Pap smear test once every three years – 2 500 points per year
- Mammogram for women over 40 every two years – 2 500 points per year

**For Kids:**

- Gym visit from kids age 6 and up – 100 points
- Children aged 6-8 completing EyeGym Bronze course – 2 500 points
- Children aged 14 and up working out with a Vitality linked fitness device – 300 points
- Online Questionnaire – 500 points
- Health Checkup – 500 points
- Health Review – 500 points
- Optometry Screening – 100 points
- Vaccination – Dependent on their age
- Dental Checkup – 1 000 points

**For over 60's:**

- Vaccinations – up to 3 000 points
- Glaucoma screening – 2 500 points
- Vision test – 1 000 points
- Activating Vitality Active Rewards on the Discovery App – 1 000 points

Cash back of up to 75% when activating your fitness device booster (applicable to first four devices)

<https://www.discovery.co.za/vitality/fitness-booster-device>

The Apple Watch deal has a different rule set

<https://www.discovery.co.za/vitality/apple-watch>

**Vitality Drive:**

All points indicated are per month.

1. Drive Well – 850 points
2. Set goal – 50 points
3. Remain claim free for 2 years – 200 points
4. Do online assessment – 50 points
5. Driving course – 150 points
6. Eyegym – 50 points (To do the extended course - 150 points)
7. Tyger Wheel and Tyre assessment – 150 points
8. Scheduled Car Service – 50 points

**Vitality Money:**

This is a dynamic assessment and your status can change from month to month.

1. Retirement Assessment – up to 10 000 points
2. Savings Assessment – up to 30 000 points
3. Debt Assessment – up to 30 000 points
4. Having the correct insurance in place – up to 25 000 points
5. Property Assessment – up to 15 000 points
6. Achieving your money goals (On one of the rings on Vitality Active Rewards on your Discovery App) – 1 000 points per week, if all 4 weeks' goals are achieved, you get 5 000 points for the month

## **Vitality Active Rewards:**

Download the Discovery App on your cell phone. Click on Vitality and follow the steps to activate Vitality Active Rewards.

You will have 3 rings of goals to meet each week:

- An exercise goal (maximum of 900 points per week)\*
- A driving goal (if you are on Discovery Insure – to manage 100km of good driving)
- A money goal (if you are with Discovery Bank – to swipe your Discovery Credit card enough times)

Each goal you achieve will award you one play on the game board. Each play gets you between 125 and 500 Discovery Miles which can be used as currency or to shop at various online stores.

\* Manage your points – In order to gain the greatest amount of utility out of the Vitality system it is important to meet your goals every week. Managing your points goal becomes the most important hurdle in achieving this. Often people go through fitness drives whereby a lot of exercise is done in a short amount of time (think spring), whereas you have to exercise consistently throughout the year.

## **For your HealthyFood & Care catalogues, try these links:**

HealthyFood PnP Catalogue –

- [https://www.discovery.co.za/discovery\\_coza/web/linked\\_content/pdfs/vitality/healthy\\_food\\_catalogue.pdf](https://www.discovery.co.za/discovery_coza/web/linked_content/pdfs/vitality/healthy_food_catalogue.pdf)

HealthyFood Woolworths Catalogue –

- [https://www.discovery.co.za/discovery\\_coza/web/linked\\_content/pdfs/vitality/woolworths\\_healthyfood\\_catalogue.pdf](https://www.discovery.co.za/discovery_coza/web/linked_content/pdfs/vitality/woolworths_healthyfood_catalogue.pdf)

HealthyCare Clicks Catalogue –

- [https://www.discovery.co.za/discovery\\_coza/web/linked\\_content/pdfs/vitality/healthy\\_care\\_catalogue.pdf](https://www.discovery.co.za/discovery_coza/web/linked_content/pdfs/vitality/healthy_care_catalogue.pdf)

HealthyCare Dischem Catalogue –

- [https://www.discovery.co.za/discovery\\_coza/web/linked\\_content/pdfs/vitality/dischem\\_healthycare\\_catalogue.pdf](https://www.discovery.co.za/discovery_coza/web/linked_content/pdfs/vitality/dischem_healthycare_catalogue.pdf)