

Effective 2021

VITALITY NEWSFLASH



Vitality Points Update

In 2021, there will be no adjustment to the underlying points-earning activities, or to the number of points required to achieve a new Vitality status.

However, Vitality will be crediting members for their affected Vitality activities in 2020, based on their participation in 2019. This will apply to the Vitality Health Check, all related health screenings, the Vitality Fitness Assessment, and physical activity points earned between 1 January and 30 September. The points (if applicable) will be added by the end of October 2020.

It is important to note that the points for the additional health checks (Pap smear, mammogram, HIV counselling and testing) that will be allocated automatically if the health check was performed in 2019, will be in line with the points on offer in 2020. For more information, refer to table below:

| Points-earning activity | 2019 Vitality points | 2020 Vitality points | Points adjustment | Adjusted 2020 Vitality points |
|--|-------------------------------|--------------------------------|-------------------|-------------------------------|
| Vitality Age assessment | 2 500 | 1 500 | | 1 500 |
| Vitality Health Check | 15000 (4 metrics in-range) | 10 000 (3 metrics in-range) | + 5 000 | 15 000 |
| Voluntary counselling and testing for HIV | 5 000 | 1 000 | | 1 000 |
| Mammogram in 2018 | 2 500 | | + 2 500 | 2 500 |
| Flu vaccine | 1 000 | | + 1 000 | 1 000 |
| Vitality Fitness Assessment | 5 000 (level 4) | | + 5 000 | 5 000 |
| Physical activity Jan - Sept Oct - Dec | 20 600 4 100 | 13 300 | + 7 300 | 20 600 |
| Total Vitality points | 55 700 | 25 800 | +20 800 | 46 600 |

Physical Activity Update

- Over 300 Vitality-enabled facilities have been added, including yoga and pilates, functional fitness (CrossFit), dance and digital fitness (JEFF online).
- In 2021, Strava will be introduced as a partner and will be the new home for Team Vitality. Team Vitality Club members will qualify for a 50% discount for Strava Summit membership.
- The HealthyGear programme will be replaced by Active Gear, which will allow upfront savings of up to 75% on Nike gear, fitness devices and sports gear and equipment.

HealthyDining Update

- The HealthyDining benefit will be extended to include fresh and frozen meal kits and ready-made meals from the following partners:
 - Frozen For You
 - We are Food
 - Daily Dish
 - UCOOK

Discovery Miles Update

Discovery Miles can be spent at a range of new travel, retail and lifestyle partners.

- Members can receive discounts of up to 20% on a range of rewards using the Discovery App.
- Member can receive discounts of up to 20% from the online partners by selecting Discovery Miles when checking out.
- Members can receive discounts of up to 20% when buying airtime, data and SMS bundles, as well as prepaid water and electricity in the Discovery Bank App.
- Flights and accommodation can be paid for using Discovery Miles.
- Purchases from in-store partners can be paid for by generating a QR code in the Discovery Bank App.
- Discovery Miles can be exchanged for cash by paying them into a Discovery Bank account.

Travel enhancements

- From the end of October 2020, Discovery Bank clients can spend their Discovery Miles on travel bookings through the new travel partner booking sites, Travelstart and SafariNow.
- Discovery Bank Black and Purple card holders departing from O.R. Tambo International Airport or Cape Town International Airport will be able to make use of the Discovery Bank Priority Fast Track service to skip queues at airport security for domestic travel. The service will also be in place at international arrivals passport control at O.R. Tambo International Airport.