Get Healthy

Fitness Booster points per level:

Booster points

Booster points

Level 2 – 2 000 per adult

Level 3 – 4 000 per adult

Level 3 – 4 000 per adult

Level 4 – 6 000 per adult

Level 5 – 7 500 per adult

Level 5 – 7 500 per adult

Maximum Booster Points 15 000 per person 30000 onits opraniii.

Maximum Activity Points 15 000 per person – 30 000 points per family

CTIVITY POINTS

7 500 points per Vitality Physical Activity Assessment for principal

BOOSTER POINTS

Enjoy Benefits and Rewards



Health Style Magazines Members can subscribe to various health and lifestyle magazines, depending on their status level.

Magazine	Subscription fee	Magazine	Subscription fee
MensHealth	R95 for 12 issues	RUNNERS	R70 for 12 issues
SHAPE	R70 for 11 issues	Beyeling	R70 for 8 issues
Golf Digest	R95 for 12 issues	choketer	R70 for 7 issues
Sports Lated	R80 for 12 issues	TRUE LOVE	R29 for 12 issues

Annual subscription to 1 magazine title	Blue	
Annual subscription to 2 magazine titles	Bronze	
Annual subscription to 4 magazine titles	Silver	
Annual subscription 6 magazine titles	Gold	

	Bronze	Silver	Gold
ð	Annual subscription to	Annual subscription to	Annual subsci
	2 magazine titles	4 magazine titles	6 magazir

Bronze Silver Annual subscription to Annual subscription to 4 magazine titles 4
Silver Annual subscription to 4 magazine titles

Gold 15%	Silver 12%	Bronze 10%	Blue 8%	Vitality status % discount	Vitality members automatically qualify for a Gold Clicks ClubCard. They will also receive discounts based on their Vitality status:	MICLICKS	1 magazine title 2 magazine titles	Annual subscription to Annual subscription to
					Clicks ClubCard. They will also receive discounts		e titles 4 magazine titles	ription to Annual subscription to
					based on their Vitality status:		6 magazine titles	Annual subscription to

DiscoveryCard Partners

The new DiscoveryCard opens a world of convenience to Discovery members. The new generation DiscoveryCard is a Discovery Health and Vitality membership card as well as a VISA card – all rolled into one!



Blood pressure less than 140mmHg/90mmHg (over 18 years) — 1 500 points with a maximum of 3 000 per family

Earn 1 500 points per test:

Female (only applicable to principal member and spouse)

Children

Stress Management

Nutrition

 2 500 points for principal member Go for weight assessment

Max per family of 5 000 points

Pay 30% less than the

Once-off activation fee of R295 each.

 Non-smoker or quit smoking:
 5 000 points for principal member and spouse
Max per family of 10 000 points

Vitality status

Single Family 0

Earn a Vitality status

Blue

Bronze 25 000

Earn 1 500 points per test:
Glucose (over 40 yrs) Cholesterol (over 18 yrs)
Blood pressure (over 18 yrs)

Male (only applicable to principal member and spouse)

Healthy Choices

Once-off activation fee of R295 each.

Non-smoker or quit smoking:

• 5 000 points for principal member and spouse Max per family of 10 000 points

Discovery Baby

Knowledge

Discovery Age

Vitality Health Risk
Assessment at
www.discovery.co.za,
a designated
pharmacy

Vitality Physical Activity Assessment

First member activation: R595 Second member activation: R595 plus R35 per month (Applicable only to principal member and spans) and spouse).

150 points per workout Maximum of 15 000 points

BODY

R145 perassessment.

AISTIME

month
The principal member
and spouse pay a once-off
activation fee of R955.

Spouse pays a monthly
Annual activation fee
fee of R75.

and spouse of R495 each.

WALK FOR LEFE

.suactive on

Annual activation fee of R100.

By participating in a registered sporting event you can earn between 3 000 and 5 000 points

5 000 booster points after completing the fifth event

10 000 Steps

up to 12 000 points a year, depending on the number of steps taken

6 000 if a member averages 12 500 steps a day for the year

CPR course

Earn 2 500 points per test:
Glaucoma screening (over 40 yrs)
Prostrate screening (over 50 yrs)

Voluntary HIV testing (over 18 years) max

Glucose less than 6.5mmol – 1 500 points with a maximum of 3 000 per family

Earn 2 500 points per test:
Glaucoma screening (over 40 yrs)
Pap smears (over 16 yrs)
Mammograms (over 35 yrs)

Eam 5 000 points per test

· Voluntary HIV testing
(over 18 years) max 10 000
per family

Completed vaccinations (under 24 months) – 5 000 points

Stress Centre
www.discovery.co.za/str

2 500 points per user per year
Max 5 000 points for two users www.discovery.co.za/nutrition **Nutrition Centre**

being at goal weightMax per family of5 000 points

2 500 booster points for

Silver

45 000

Gold 60 000

100 000 85 000 40 000

BOOSTER POINTS

SIMO HATS

Cholesterol less than 5
- 1500 points with a
maximum of 3 000 per family

Annual dental check-ups (under 12 yrs)

2 000 points to a max of 6 000

per year

Max 5 000 points for two users 2 500 points per user





Years Blue Bronze 0-2 10% 10% 3-4 10% 11% 5+ 10% 12%
Bronze 10% 11% 12%

frasers HEPKER'S

VODACOM airtime
R29
R55
R110
R175

Vitality airtime

For only R150 per year, members can earn Discovery Miles through their DiscoveryCard. ery Miles by using the DiscoveryCard

MTN Pay as you Go
R30
R60
R180

Vitality airtime R27 R54 R162

R248

Members will earn one Discovery Mile for every R7.50 they spend on the DiscoveryCard. There are three ways members can redeem their Discovery Miles:

Silver 14%

Vitality Lifestyle & Leisure Vitality Travel

			Gold		Silver			Bronze			Blue	Vitality Status	Local travel
100000000000000000000000000000000000000	Johannesburg - Port Elizabeth	Johannesburg - Durban	Johannesburg - Cape Town	Durban - Cape Town	Johannesburg - Cape Town Johannesburg - Durban Johannesburg - Port Elizabeth	Johannesburg - Port Elizabeth Durban - Cape Town	Johannesburg - Durban	Johannesburg - Cape Town	Johannesburg - Port Elizabeth Durban - Cape Town	Johannesburg - Durban	Johannesburg - Cape Town	Route	BRITISH AIRWAYS
17705	3 23	R295	R345	R545	R375 8375	R695 R695	R475	R695	R750	R575	R750	Price for return ticket	
	Gold R100	Silver R125	Bronze R160	Blue R190	2 – 4 day rate	Vitality status	at the time of booking,	depends on the Vitality status	The cost of the car rental		We try	AVIS	
	R1	R1e	R2(R2,	5+ day	Cated		status	al				

Category B 5+ day rate

No Sat. Night Rate R264 R226 R176 R132

rice excludes airport departure taxes and insurance surcharges. Your must book your ticket at least 14 days in advance - no longer thance - Flight bookings no longer require a Saturday night stay of destination onal leisure travel
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Carbair cabe contr	10.0	
ce excludes airport departure taxes and insurance surcharges.	urcharges.	Rates include 200 km free per day as well as compulsory limited
You must book your ticket at least 14 days in advance - no longer	dvance - no longer	cover and waivers.
vance • Hight bookings no longer require a Saturday night stay of destination	urday night stay	Members can travel to 118 destination
nal leisure travel		Southern Africa. They will pay 30% les
will receive preferential discounts off the lowest	ff the lowest	lowest price advertised by Greyhound



question by ferrouse."	ember 2004.	available 1 Nov	International travel available 1 November 2004.
req	A D	DiscoveryCar	paying with their DiscoveryCard
of t	enefit if they are	ly use this b	Members can only use this benefit if they are
ont		20%	Gold
Gro		19%	Silver
non		18%	Bronze
INIC		15%	Blue
carlon on earth:	Like no v	Discount	Vitality status
SalCard Scart	HE.	atus:	their Vitality status:
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Discount	Like no vacation so earth:	Mambar bara acco
15%	to a company of the c	Members have acce
18%		hotels within the So
19%	6	Group. The room ra
20%	-	on their Vitality statu
use this benefit if they are	THE THEFT	of the booking. Mi
scoveryCard.	March	requirements apply
ilable 1 No. combox 2004	Charlest and married by	

discounts off the lowest When the south the south that sum hottes	er require a Saturday night stay	0	Members can trav
©	discounts off the lowest	GMEYHOUND	lowest price
	# Regularistant	South	HERM SUM HO

The room rate depends	within the Southern Sun	SOUTHERN SUN HOTELS	Members can travel to 118 destinations within Southern Africa. They will pay 30% less than the lowest price advertised by Greyhound, on any journey.
Blue	Vitality status		to 118 destinatic sy will pay 30% le sed by Greyhoun
R385	Rate per room, per (including VAT		ons within ss than the d, on any journey.

N SUN HOTELS		
cess to various	Vitality status	Rate per room, per night (including VAT)
rate depends	Blue	R385
tus at the time	Bronze	R345
Ainimum stav	Silver	R275
olv.	Gold	R155
Jry.		

VitalityMall Available on www.discovery.co.za/vitalitymall

Buy Cell C, Vodacom aı	Buy Cell C, Vodacom and MTN pre-paid airtime vouchers	SONY
Cell C easychat	Vitality airtime	Shop for Sony products
R35	R31	Depending on their Vitality status, members will receive up to 35% off
cell ∩ R50	R44	the recommended retail price.
essychat prepaid R150	R132	
R300	R264	Microsoft.

9
Microsoft

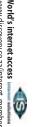




HP, Microsoft and McAfee
Members will receive discounts off the recommended
retail price on Microsoft and HP products depending
on their Vitality status. They will also get a
40% discount across all status levels
on McAfee antivirus software.

MTN contracts

Vitality members will receive additional free minutes over and above the minutes normally awarded on selected MTN standard contracts.



DiscoveryWorld's internet access
By visiting, www.discovery.co.za/internet, members can register for DiscoveryWorld's internet Service offering. HomeUser R29 per month
AdvancedUser R95 per month
ProfessionalUser R125 per month

What's new on www.discovery.co.za Selecting one or more ancillary benefits on the Discovery LIFE PLAN if member is on Discovery Health

500

2 000 2 500

A percentage of the points you have earned in a calendar year will be carried over to the following year.

More than 3 years

25%

Less than 3 years Less than 2 years Less than 1 year

20% 15%

2 500

Invest in a Discovery LIFE PLAN if member is on Discovery Health Updating personal info on the website Electronic statement

Other ways to earn points

Maximum Maximum per month per year

2 500

500

Number of years % Carry-over

10%

5 000

5 000 6 000 2 500









