

Vitality Fitness Assessment



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The Vitality Fitness Assessment tells you how fit you are. You'll understand your current fitness level and know which areas you need to focus on. The assessment is made up of two parts – a cardiovascular test on a watt bike or treadmill and a strength and flexibility test, both of which together can give you a well-rounded understanding of your fitness level. You will also get corrective exercises to improve areas of weakness and limited range of movement to help prevent injuries and improve their functionality.

Who may use this benefit?

If you are 18 years and older, on an active Vitality membership you can go for the Vitality Fitness Assessment. You can earn Vitality points for this assessment. If you have a cardiovascular condition, please obtain clearance from your doctor before continuing with this assessment.

It is your duty to disclose any medical condition to the selected Biokineticist, and to ensure that you are medically fit and able to complete the Vitality Fitness Assessment.

Book a Vitality Fitness Assessment

Make an appointment for the assessment with a [biokineticist](#) in the Vitality Wellness Network. You can find the list on www.discovery.co.za.

Remember to take the following with you:

- Your Discovery membership card
- Your identity document
- Exercise clothes/gear
- An amount of R445.40. You have to pay for the Vitality Fitness Assessment upfront. If you have a Discovery Health Plan with a Medical Savings Account and available funds, you can claim this amount

back from the Scheme (unless you have a general waiting period). If you are a Discovery Life policyholder, you will need to pay for the Vitality Fitness Assessment yourself.

You'll earn Vitality points

You can earn up to 7 500 Vitality points per Vitality Fitness Assessment. You can earn 2 500 Vitality points for doing the assessment and your Vitality points can be boosted up to 7 500 based on your fitness level.

You will earn the following boosted points based on your fitness level:

- Level 3: 1 000
- Level 4: 2 500
- Level 5: 5 000

If you don't reach level 5 you have the ability to complete the assessment again later in the year. Points will be awarded based on the best result in the year. You will only be awarded additional Vitality points if your assessment is 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.

Vitality points that will not be awarded

You will not earn Vitality points for a cholesterol or a glucose test done at a biokineticist.

Important points to remember

- Your Vitality points will be awarded within seven days of completing your assessment.
- The [Vitality Wellness Network biokineticist](#) will send your results to us to award your Vitality points electronically.

HealthyGear benefit

- The HealthyGear benefit can be [activated online](#) on www.discovery.co.za.
- Upon activation, you will receive up to 10% cash back on HealthyGear at both Sportsmans Warehouse and Totalsports stores. Finding out your [Vitality Age](#) will increase your cash back up to 15% and once you go for a Vitality Fitness Assessment at a biokineticist in the Vitality Wellness Network, your cash back will increase up to 25% at your preferred partner.
- You and your spouse (if applicable) need to find out your Vitality Age and do a Vitality Fitness Assessment every 12 months to increase your cash back or keep it at up to 25%. If paying with your Discovery Card you can multiply Discovery Miles by up to 10 times when you shop and pay using your Discovery Card at most of our HealthyLiving partner stores. Your multiplier depends on your Vitality status.

Vitality reserves the right, at its sole discretion, to request that you redo your assessment at an appointed Biokineticist in the Vitality Wellness Network. Vitality will pay the amount of R445.40 towards your Vitality Fitness Assessment. Vitality further reserves the right to adjust your points based on the new results.

Ending this benefit

The benefit ends when you no longer have an active Vitality membership.

Find out more

Find out more about the [Vitality Fitness Assessment benefit](#). 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, please visit www.discovery.co.za.

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