

Vitality rewards members for getting healthy

Meet Jared

Jared is a 29-year-old accountant on Blue Vitality status. He intends to get healthy in 2017 using Vitality Weight Loss Rewards and Vitality Active Rewards.



Jared starts his journey by completing his health checks and assessments

In order to ensure the early detection of health risks, it is important for Jared to complete various health checks and assessments which differ based on age and gender



2 500 pts

Jared finds out his Vitality Age is 36



10 000 pts

He completes his Vitality
Health Check but his blood
pressure, BMI and waist
circumference are out of range



7 000 pts

He also does an HIV test, goes for a dental health check and visits a dietitian



2 500 pts

Jared does a Vitality Fitness Assessment and is on fitness level 2



22 000 pts

He reaches Bronze Vitality status



47 000 pts

Jared reaches Gold Vitality status



15 300 pts

He also joins Vitality Active Rewards to get more physically active



4 050 pts

He chooses to start buying HealthyFood items



5 650 pts

Jared joins Vitality Weight
Loss Rewards and successfully
completes two cycles, losing
the recommended weight
during each cycle



Jared joins an appropriate wellness journey to improve and maintain his good health and lower his risk of disease



He gets rewarded for being healthy



60% cash back

He gets a new pair of running shoes through the Shoe Booster benefit



38 free coffees

He enjoys free coffee during the year



R2 400 cash back

He keeps buying HealthyFood



Given his health claims, card spend and Vitality points, he gets

7 050

Discovery Miles

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