

KeyFIT is the wellness programme that rewards you for getting healthier

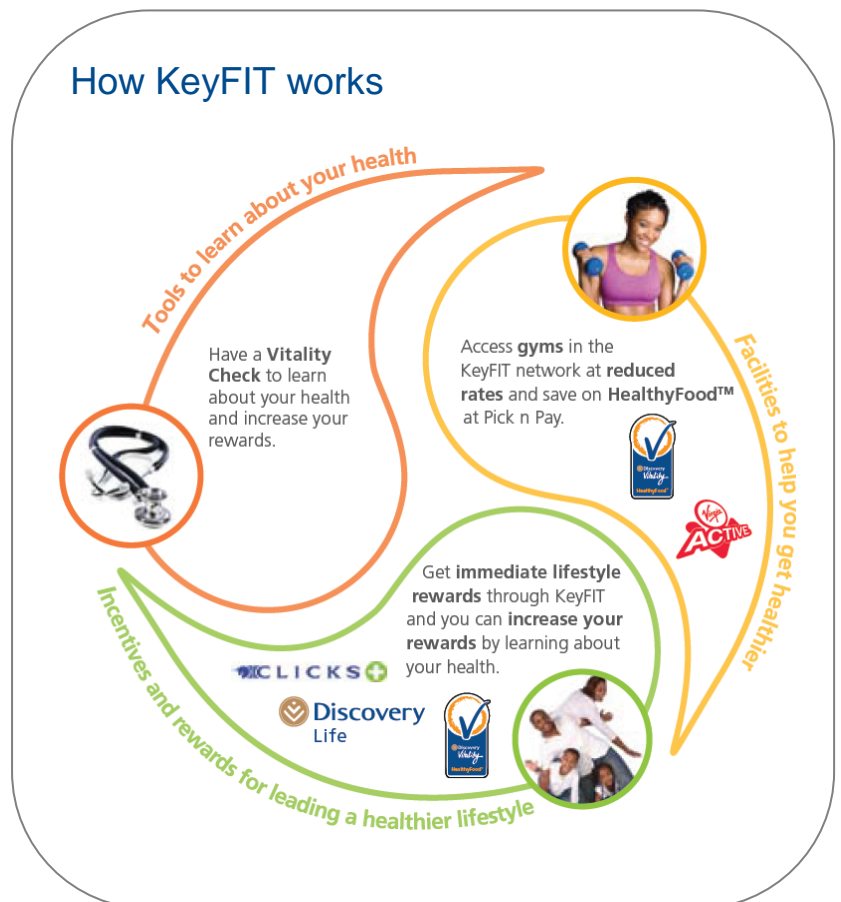
KeyFIT gives you access to wellness Facilities, Incentives and Tools, designed to help you get healthier. We make it easier for you to get active and eat healthily by giving you savings on gym access and on HealthyFood™ at Pick n Pay.

You and your family also get terrific lifestyle and financial rewards.

How to join KeyFIT

If you belong to a KeyCare Health Plan through Discovery Health, you and your family can join the KeyFIT programme by calling 0860 99 88 77 or speak to your HR representative to become a KeyFIT member.

How KeyFIT works



Facilities to help you get healthier

Save up to 15% on HealthyFood™ at Pick n Pay

KeyFIT makes healthy eating easier by making HealthyFood™ more affordable and by showing you which foods are healthier choices. Activate the HealthyFood™ benefit on www.discovery.co.za or by calling 0860 99 88 77 and get up to 10% savings on all the HealthyFood™ products you buy. To increase your savings to up to 15%, you and your spouse (if applicable) need to do a Vitality Check. We'll pay your savings into your bank account every month. See a list of the thousands of products on the HealthyFood™ list on www.discovery.co.za click on "KeyFIT", then go to "Eat healthily" and click on "catalogue". You can also access the catalogue from your cellphone on discoveryhealthyfood.mobi

Get active for less at Virgin Active

The main member and spouse save 67% on the monthly rate at 44 Virgin Active gyms in the KeyFIT gym network. There is also a once-off activation fee of only R295.

Adult dependants and children 18 years and older will save 50% on the monthly gym fee and will also have to pay a once-off activation fee of R295. All children between ages six weeks and seven years at Virgin Active's Club-V and kids from ages six weeks to 13 years at Club-V Max, each save 50% on the monthly Virgin Active rate.

How to get access to the gym through KeyFIT

Go to a branch in the KeyFIT gym network closest to you. Take your KeyCare membership card, proof of identity and activation fee with you. One of the consultants will help you to complete the necessary forms and the contract. You will also need to pay for the card that you will need to enter the gym. Once you have completed all the forms, you can start to exercise immediately.

You can access any of these Virgin Active gyms in the KeyFIT gym network

Virgin Active gyms					
Amanzimtoti	Eco Park	Horizon View	Mitchells Plain	Polokwane	Vereeniging
Athlone	Edenglen	Humewood	Mount Edgecombe	Potchefstroom	Watermeyer Park
Benoni	Fichardt Park	Kenilworth 2	Nelspruit	Richards Bay	Welkom
Bloemfontein	Fourways	Kimberley	Northgate	Rustenburg	Wonderpark
Bruma Lake	George	Krugersdorp	N1 City	Southgate	
Comaro View	Germiston	Lenasia	Ormonde	Sunward Park	
Durban	Glen Acres	Lorraine	Paarl	Tramshed	
East London	Hatfield	Middelburg	Pinetown	Vanderbijlpark	

Incentives and rewards to enjoy a healthier lifestyle

To encourage you to look after your health, you can increase your KeyFIT rewards by having a Vitality Check. If you have a spouse, both of you need to have a **Vitality Check** to enjoy the increased rewards. If you complete your Vitality Check, you will enjoy the increased rewards for the year in which you completed the Vitality Check and the year after. Thereafter, your rewards will decrease and you'll need to do a Vitality Check again to continue enjoying the increased rewards.

Immediate rewards upon activation with Vitality Check

No Vitality Check

10% HealthyFood™ saving

5% in Clicks Cash-back Rewards

With Vitality Check

15% HealthyFood™ saving

10% in Clicks Cash-back Rewards

KeyFIT funeral cover

Get funeral cover for you and your family.

	Immediate cover	With a Vitality Check
Main member and spouse	R10 000	R15 000
Dependant older than 21	R10 000	R15 000
Dependant (aged 15 to 21 years)	R7 500	R11 250
Dependant (aged 6 to 14 years)	R5 000	R7 500
Dependant (aged 0 to 5 years)	R3 000	R4 500
Stillborn child	R1 000	R1 500

Discount on prepaid airtime

Get a 5% discount on prepaid airtime from Cell C, Vodacom, MTN and Telkom. To recharge simply call 0861 GOTPRE (468773) and they will register you on the system.

Useful information and great gifts with Discovery Baby

The Discovery Baby programme gives new and expecting parents a baby bag filled with useful information, important baby products and discount vouchers on nappies, prams and car seats.

Tools to learn about your health

Have a Vitality Check at any pharmacy in the Vitality Wellness Network, which includes all Clicks and Dis-Chem pharmacies, or at your company's Wellness Day. You'll increase your KeyFIT rewards and learn about your health, which is the first step to improving it!

The Vitality Check includes:

- Blood pressure test
- Glucose test
- Cholesterol test
- Weight assessment.

Once a year, the Vitality Check is paid from the Screening and Prevention Benefit on your KeyCare Health Plan.

Monthly contributions

	KeyFIT	Vitality + KeyFIT	Vitality
Single member	R27	R133	R125
Member + 1 spouse or dependant	R33	R158	R145
Member + 2 or more dependants	R42	R177	R153

Members can join a Vitality and KeyFIT combo

Any member with a Discovery Health Plan (not only KeyCare) can join the combo plan, which consists of the normal Vitality product plus the KeyFIT funeral cover benefit. The funeral cover amount cannot be increased by members' having a Vitality Check on a combo plan.

Find out more

For more information about KeyFIT, call 0860 99 88 77 or go to www.discovery.co.za