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'Standard' Vitality 2022 prices: Main member only @ R305 _ M+1 @ R370 M+2 @ R430

When you hear the word 'Vitality' it most likely refers to this, standard Vitality membership. The 'up to' gimmicks we are all so sick and tired of hearing is left out here entirely. These are ACTUAL cash-backs and ACTUAL discounts enjoyed by the member and it is these spend partners that should justify the monthly contribution. We can look at Vitality from a hundred different angles and argue that HealthyFood/Care/Gear (formerly known) & Dining benefits add up or the occasional plane ticket justifies the membership and please let's not even say the swear word 'integration' where your life insurance or Invest fees are decided by your Vitality status levels. The VA, PF gym discounts are ridiculously good and you won't find a better deal than that anywhere. We would argue that if you have Vitality and are not making use of the gym discount then it doesn't make financial sense but that's for you to decide 😊

75% off Virgin Active (VA) LOCAL or Planet Fitness (PF) LOCAL
50% off VA National & Collection/International or Planet Fitness National

50% discount for Ster-Kinekor cinemas (2d & 3d) – may only view movie once with discount
25% discount for Ster-Kinekor cinemas (Cine Prestige, NT Live, Imax)

T's & C's – Must maintain 36 visits per calendar year rolling period.
There are at times specials granted for card/tag fee, activation fees and so on.
Here are the links to each benefit guide. Pre-2010 has different t's & c's ...
[Post-2010 VIRGIN ACTIVE](#) [Post-2010 PLANET FITNESS](#)

Tips – the physical cards aren't actually required, simply the card numbers are what matters.
Activate the benefit on the Main member's Discovery app. Everyone's movie card numbers will appear when clicking 'view details' on the image. Save those card numbers as multiple phone numbers on a single contact say 'Ster-K Vitality'. Here is link to benefit guide: [STER-KINEKOR](#)



The VA/PF/Ster-K benefits above didn't require the PM & Spouse to complete the 2 assessments but going forward the benefits imply that you do this & it's just once a year that's it. So to confirm again **1. Online Vitality age assessment** (Spouse must have own website profile) & **2 - Vitality Health check** (accredited pharmacies such as Clicks/Dischem nurse). If there is a 3 month waiting period on Discovery Health it will mean that the Vitality Health check won't be covered as it's **only** covered by Discovery Health Medical Aid. It can cost (from experience) R424 cash price EACH (Main member & Spouse) so be aware of this.



Here is link to benefit guide [HEALTHYFOOD](#)

Either Woolworths or Pick 'n Pay (PNP) is chosen as the Primary HealthyFood store every 12 months for the **25% cash-back** & the secondary store receives a **10%** cash-back.
1M monthly HealthyFood spend limit = R2,000 OR 2M+ monthly HealthyFood spend limit = R4,000

Tips– This is a physical cash-back received into the Main member's bank account on 15th following month as specified on Discovery app when activating the benefit (usually the one where premiums are collected but may specify other account). There are usually Vitality stickers on the shelf indicating if item qualifies as 'HealthyFood' or can scan with phone.



Here is link to benefit guide [HEALTHYCARE](#)

Either Dis-Chem or Clicks is chosen as the Primary HealthyCare store every 12 months for the **25% points-back** & the secondary store receives a **10%** points-back.
1M monthly HealthyCare spend limit = R2,000 OR 2M+ monthly HealthyCare spend limit = R4,000

Tips– Woolies, PNP, Dis-Chem & Clicks all require store cards to be activated, linked to id number of main member or spouse to be able to use the benefit. There are no cards issued by Vitality whatsoever the store cards are simply linked to the Discovery App/online website profile. The benefit guide link details generally what items qualify as “HealthyCare”.



Here is link to benefit guide [Vitality Active Gear \(formerly HealthyGear\)](#)

Either Sportsman’s Warehouse or Totalsports is chosen each calendar month as the Primary store for the **25% discount**.

1M monthly Vitality Active Gear (formerly HealthyGear) spend limit = R2,000 OR 2M+ monthly spend limit = R4,000

Tips– Each month the main member selects which store should receive the 25% discount and then a bar-code generates. This bar-coded picture then carries that discount for the remainder of the month, no cards apply whatsoever very easy to use on Discovery APP.



Here is link to benefit guide [HealthyDining](#)

Doppio Zero, Col’Cacchio, Nando’s, Mugg & Bean, Frozen for You, UCook HealthyDining Meals earn a **25% cash-back** (eat-in, take-away or order via UberEats).

1M monthly Vitality Active Gear (formerly HealthyGear) spend limit = R1,000 OR 2M+ monthly spend limit = R2,000

Tips– CAUTION THIS IS A LOT OF SCHLEPP COMPARED TO HEALTHYFOOD/CARE/GEAR (now known as Vitality Active Gear not to be confused with Vitality Active).

That’s the ‘staple diet’ Vitality partners explained easily reminder **1. Online Vitality age assessment** (Spouse must have own website profile) & **2 - Vitality Health check** (accredited pharmacies such as Clicks/Dischem nurse). Are a pre-requisite to get the discounts detailed above. We stress again, the VA/PF gym discount is the main feature of Vitality, the rest of the benefits are nice and sure they can add up but paying over R300 every single month in the hope of getting your own hard-earned money back needs to be evaluated

Below depend on status level, **we assume lowest status level (blue)** [Vitality \(standard\) FULL Points & Status GUIDE \(2022\)](#)



15% DISCOUNT

[British Airways LOCAL](#)

[BA INTERNATIONAL](#)

[Qantas INTERNATIONAL](#)

[Emirates INTERNATIONAL](#)

10% DISCOUNT

[Car-Hire](#)

15% DISCOUNT

[Kulula.com LOCAL](#)

10% DISCOUNT

[Hotel Collection](#)