

NewsFlash!

Key Updates 2026

Healthcare | Retirement | Investment | Financial Planning | Actuarial | Insurance

1. 2026 Vitality Key Updates

- **The vitality fitness network is expanding** – Moove, Bounti, Polestar Pilates have been added,
- **Virgin Active** facilities will become available for class booking via the Discovery App.
- More **Yoga and Pilates** facilities with the addition of 'Bookamat'.
- Members can unlock up to **8 free visits** by increasing their **Vitality Health Status**.
- **Introducing sleep points – Vitality Sleep Rewards**, sleep is being added as a Vitality Points category whereby members will be able to earn up to 6,000 points per adult per year for tracking their sleep from 2026. 500 points will be awarded every month in which a member achieves an average Vitality Sleep Score of 75 or more, provided that they've tracked 25 nights that month with a recognised wearable device.
- Members **tracking their sleep** with a mobile device must complete a weekly sleep quality questionnaire.
- Members will be able to track their daily **Vitality Sleep Score** through certain watches, (**Samsung, Apple, Garmin**)
- Members will also be able to track their daily **Vitality Sleep Score** with their **Oura Ring**.
- **Earning more physical activity points** - VO2 max is a strong predictor of longevity and overall health. From 2026, members will have the opportunity to earn up to 35,000 points for being physically active (up to 25,000 points for exercise events and up to 10,000 additional points based on a member's Vitality Cardio Fitness Level).
- **Refining HealthyFood points** - In 2026, Vitality is simplifying the way members earn points for purchasing HealthyFood every month. Policies will continue to earn up to 12,000 Vitality points a year. Points will be allocated monthly to policies that purchase 25 or more items, in accordance with their Vitality HealthyFood Score.

2. Vitality Active Rewards

Vitality Active Rewards is turning 10 and rewarding members with additional diamonds this October on their game board which is located on the Discovery Bank App.

3. Points Allocation Breakdown For 2026

- Sleep **6,000/12,000 points**
- Eat well **12,000/12,000 points**
- Get active **35,000/70,000 points**
- Health Checks and Assessments **25,000/50,000 points**

4. New Device Partners

- **Garmin Smart Watch** – Fully fund your Garmin device over 24 months by meeting your dynamic weekly exercise goals.
- **Oura Ring** – Fully fund your Oura Ring over 24 months by meeting your dynamic weekly sleep goals.

5. 2026 Vitality Contributions

- **Vitality Premium** – R429 per month (+R85 charged per dependent on the membership).
- **Vitality Active** – R159 per month.



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