

KeyFIT: The wellness programme exclusively for KeyCare members



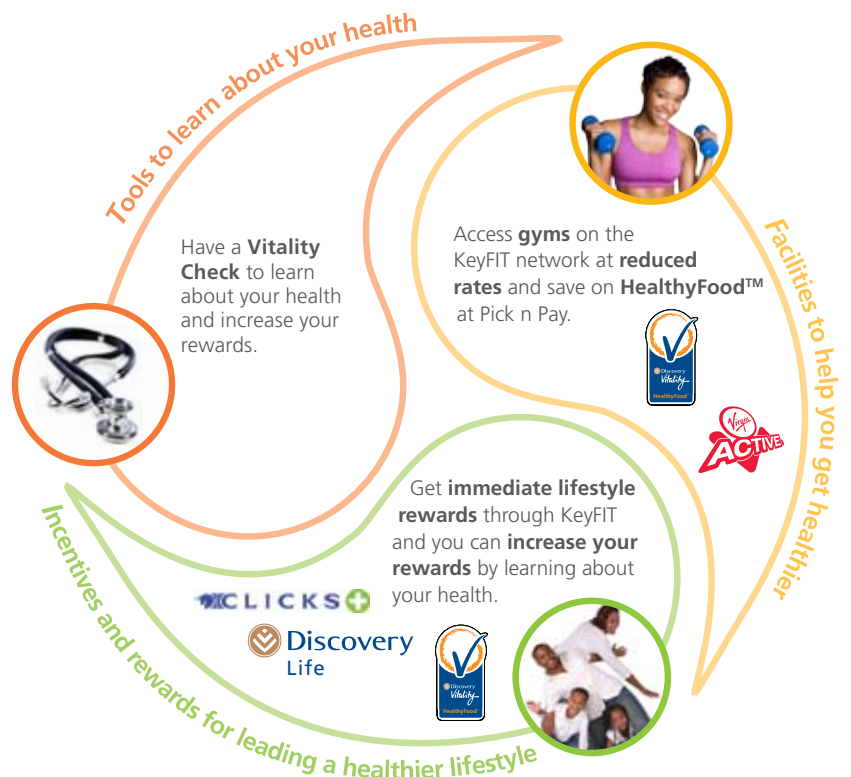
Introducing KeyFIT

KeyFIT gives you access to wellness **F**acilities, **I**ncentives and **T**ools, 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. KeyFIT also gives you and your family terrific lifestyle and financial rewards.

Make the smart choice and become a member of the programme that rewards you for leading a healthier lifestyle!

5 great reasons to choose KeyFIT

- 1 Save **up to 15%** on HealthyFood™ at Pick n Pay.
- 2 Access Virgin Active gyms in the KeyFIT network at reduced rates.
- 3 Get up to 10% Clicks Cash-Back Rewards when you shop at Clicks.
- 4 New and expecting parents can join the **Discovery Baby** programme.
- 5 Have peace of mind with **funeral cover** for you and your family.



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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. See a list of the thousands of products on the HealthyFood™ list on www.discovery.co.za or discoveryhealthyfood.mobi



Get active for less at Virgin Active

The main member and spouse **save 67%** on the monthly rate at 45 Virgin Active gyms in the KeyFIT gym network. There is also a once-off activation fee of only R295. Adult dependants and children older than 18 will **save 50%** on the monthly gym fee.

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.



Immediate reward

10% HealthyFood™ saving



With Vitality Check

15% HealthyFood™ saving



5% in Clicks Cash-Back Rewards



10% in Clicks Cash-Back Rewards



R10 000 funeral cover for you and up to three spouses. **R5 000** funeral cover for up to five children



R15 000 funeral cover for you and up to three spouses. **R7 500** funeral cover for up to five children



Get a **5% discount** on prepaid airtime from Cell C, Vodacom, MTN and Telkom.



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.



KeyFIT monthly contributions for 2011

Main member	Main member + 1	Main member + 2 or more
R27	R33	R42