

A woman with long dark hair in two braids is performing a squat in a gym. She is wearing a dark blue sports bra and leggings, and red sneakers. She is holding a barbell with a large black weight plate. The background is a dimly lit gym with blue lighting.

# GET TO DIAMOND CHALLENGE

You can earn Vitality Health points every time you take a step to know or improve your health. All these points add towards your Vitality status and boost your rewards. The higher your Vitality status, the more rewards you get. It's that simple!

Start today with the Get to Diamond challenge using this step-by-step guide and craft the healthiest you ever.

**Live life with Vitality.**

## QUARTER ONE

|                                                                                                                                                               |                                                                                                                                                                                      |                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Register on the <a href="#">Discovery website</a> and download the <a href="#">Discovery app</a> .                                                            | Download the Discovery Bank App and activate your <a href="#">Discovery Account</a> (which comes at zero monthly fees) to access more benefits and get rewarded.                     | Activate the <a href="#">Vitality Active Gear benefit</a> and increase your discount by achieving your Vitality Active Rewards exercise goals every week.                                                                             |
| Complete the <a href="#">Vitality Age online assessment</a> .                                                                                                 | Activate <a href="#">Vitality Active Rewards</a> and meet your weekly exercise goals.                                                                                                | Get a <a href="#">Discovery Bank credit card</a> and activate the <a href="#">Apple Watch benefit</a> with Discovery Bank to fully fund your Apple Watch when you achieve your Vitality Active Rewards exercise goals over 24 months. |
| Get active and <a href="#">choose a fitness partner</a> – Earn up to 30,000 points for regular gym visits and get up to 75% off your monthly membership fees. | Do a <a href="#">Vitality Health Check</a> at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, <a href="#">Discovery Store</a> or Discovery Wellness Day. | Complete the <a href="#">health assessments and preventive screenings</a> depending on your age and gender.                                                                                                                           |
| Activate the <a href="#">HealthyFood</a> and <a href="#">HealthyCare</a> benefits.                                                                            | Make the decision to <a href="#">quit smoking</a> and achieve this important goal with discounted access to some of the world's leading smoker cessation programmes.                 | Join <a href="#">Team Vitality</a> and participate in a run, a cycle or both!                                                                                                                                                         |

## QUARTER TWO

|                                                                                                                                                       |                                                                                                                       |                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Activate the <a href="#">Ster-Kinekor benefit</a> .                                                                                                   | Complete a <a href="#">Vitality Fitness Assessment</a> with a biokineticist or at a <a href="#">wellness centre</a> . | Use the <a href="#">Vitality Points Tracker</a> to monitor your progress.                   |
| Complete the <a href="#">Vitality Mental Wellbeing online assessment</a> . Mental Wellbeing assessments can be completed twice a year to earn points. | Get a <a href="#">flu vaccination</a> .                                                                               | Book at the <a href="#">Vitality HealthyFood Studio</a> to learn how to make healthy meals. |
| Activate the <a href="#">HealthyDining</a> benefit.                                                                                                   |                                                                                                                       |                                                                                             |

## QUARTER THREE

|                                                                                                           |                                                                                                                                        |                                                                           |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Haven't been an avid gym goer? Try our <a href="#">Pay as You Gym</a> option to reach your fitness goals. | Complete a <a href="#">parkrun</a> as often as you like by checking out the upcoming events in your area.                              | Use the <a href="#">Vitality Points Tracker</a> to monitor your progress. |
| Get your summer body ready and set yourself a fitness goal that you will achieve by 1 November.           | Learn about <a href="#">Vitality Travel</a> and book a weekend away using the rewards and discounts you have achieved. You deserve it! |                                                                           |

## QUARTER FOUR

|                                                                                                                                                                                                                            |                                                                           |                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Do another <a href="#">Vitality Health Check</a> at an accredited Vitality Wellness Centre, Vitality Wellness Network pharmacy, <a href="#">Discovery Store</a> or Discovery Wellness Day. These can be done twice a year. | Use the <a href="#">Vitality Points Tracker</a> to monitor your progress. | Well done on getting this far. If you reached Diamond status, you have unlocked a world of rewards to enjoy. If you got close to Diamond, keep pushing yourself to do better, the journey is the reward! |
| Complete the <a href="#">Vitality Mental Wellbeing online assessment</a> for the second time this year.                                                                                                                    | Did you reach that fitness goal you set yourself?                         | Share your Vitality success story on social media, and the difference it's made to your life so that you can inspire those around you.                                                                   |

**Exercise regularly and remember if your Vitality Health Check results are out of range, you can do a second one after three months. This may be subject to an additional cost.**