



## Discovery Wellness Day

### COST AND POINT STRUCTURE OF OUR WELLNESS DAYS

You will be able to complete the following tests and earn Vitality points on the day, depending on your age, health and fitness level

TEST	SERVICE PROVIDER	TIME	POINTS	DISCOVERY MEMBERS	NON-DISCOVERY MEMBERS
Vitality Nutritional Assessment (1x per year)	Registered Dietician	30 min	1000 **	R395 (client needs to settle; then claim from Discovery)	R395 (client needs to settle)
Vitality Fitness Assessment (1x per year)	Registered Biokineticist	45 min	2500 (boost up to 7500)	R445 (client needs to settle; then claim from Discovery)	R445 (client needs to settle)
Vitality Health Check	Registered Nurse	10 min	2500 (boost up to 22 500)	No payment (Screening benefit)	R211.10 (client needs to settle)
HIV Rapid Test (Optional)	Registered Nurse	10 min	1 000 (First time tester 7500)	No payment (Screening benefit)	R184.80 (client needs to settle)
Administration Fee				R90 (client needs to settle)	R90 (client needs to settle)
<b>Total:</b>		<b>100 minutes</b>	<b>32 000*</b>	<b>R930 .00</b>	<b>R 1325.90</b>

(\* booster points included)

(\*\* includes free Inbody Assessment)

\*\*\* Please note, The Kiddies Health Check is not active as yet

**Credit Card Facilities available**

**We are looking forward to seeing you there**