

HEALTHY CARE

CATALOGUE

Look after yourself and your family and get rewarded on HealthyCare products

Discovery Vitality brings you the HealthyCare benefit to help you take better care of yourself and your family's overall health and wellbeing through prevention. The benefit makes everyday personal and family care easier and more affordable with rewards on thousands of HealthyCare items.

Get up to 50% back on thousands of HealthyCare items

You can earn rewards at Clicks when you buy items listed in the HealthyCare catalogue. Remember to swipe your Clicks ClubCard at any till before the cashier rings up your items to make sure you earn rewards. Rewards are converted to store loyalty points and paid into your Clicks ClubCard.

- 1 | You can activate this benefit and get up to 10% back by logging into www.discovery.co.za and navigating to Vitality HealthyCare.
- 2 | Choose your main HealthyCare partner.
- 3 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any Clicks or accredited pharmacy in the Vitality Wellness Network to increase your rewards by up to 25%.
- 4 | Complete both assessments every 12 months to keep your rewards at up to 25% at your main partner.

Members on a Discovery Health Medical Scheme plan administered by Discovery Health can get 10% back on thousands of HealthyCare items at Clicks.

Balance members get up to 15% back on thousands of HealthyCare items at Clicks. To increase your rewards by up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment, once every rolling 12 months.

IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE

Products in this catalogue depend on supplier availability and may only be available at certain Clicks stores. The products in the HealthyCare range may be replaced and changed from time to time. This catalogue will be kept updated with the latest qualifying items. All items not showing in the catalogue have been excluded from the HealthyCare benefit.

Check back regularly for the most updated list on www.discovery.co.za





How to use this catalogue

This HealthyCare catalogue lists the products that qualify for the HealthyCare benefit. Use this catalogue as your guide to make HealthyCare choices when shopping at Clicks. The items included in the HealthyCare benefit below are all directly used for preventive care.

The HealthyCare benefit is made up of thousands of products that are divided into different product categories:

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Baby care

* Bottles & teats, bottle cleaning utensils, food, formula, feeding cups with teats straws or spouts, and related accessories excluded

BABY ACCESSORIES

Baby feeding utensils

- Bowls
- Cutlery
- Plates
- Feeding utensil sets

Baby monitoring

- Audio monitor
- Baby monitor
- Baby scale
- Movement and sound monitor
- Video monitor

Bath and changing

- Bath mat
- Bath seat
- Bath support
- Bath stand
- Bath tub
- Bath thermometers
- Changing mat/pad

Child proofing and safety

- Bed guard/rails
- Door stoppers
- Gates
- Locks & latches
- Plug protectors
- Sun shades

Driving

- Belted base
- Booster seats
- Car mirror
- Car seats
- Car seat covers

Grooming

- Brush and comb
- Cotton wool, balls, buds, rounds
- Gum massager
- Infant toothbrush
- Manicure set
- Nail clippers
- Nail scissors

Hardware

- Baby carrier
- Bassinets
- Bouncer/Rocker

- Camp cots
- Co-sleepers
- Cots
- High chairs
- Mattress
- Nursery organizer
- Prams
- Strollers

Teething and soothers

- Teethers
- Soothers/dummies
- Soothing clips and holders

* excludes teething necklaces

BABY CLEANSING PRODUCTS

Baby cologne
Baby foam bath
Baby hair detangle
Baby oils
Baby powder
Baby shampoo & conditioner
Baby soap
Hand cleanser
Sterilizing fluid, spray and tablets

BABY HEALTH

Colic calmer
Cradle cap cream/oil
Gripe water
Infant drops
Medicine dispensers
Medical kit
Milk of Magnesia
Mosquito creams/nets/sprays
Nasal aspirator
Nasal spray
Paediatric syrup
Teething gels and powders
Thermometers
Worm syrup

BABY CREAMS AND LOTIONS

Aqueous cream
Baby body cream/lotion/oils
Barrier bum creams/pastes
Nappy rash ointment
Petroleum jelly
Sun cream

MATERNITY CARE

Baby bags

Breast care

- Breast pads
- Nipple shield
- Nipple shield

Breast pumps and accessories

- Breast pumps (Manual and electric)
- Breast pump accessories
- Breastmilk storage bags/cups

Maternity care

- Linen savers
- Maternity pads

**Tissue oils & stretchmark oils and creams are excluded*

Maternity wear

- Maternity bands, belts and binders
- Maternity bras
- Maternity panty

Pregnancy supplements

** Only Clicks house branded pregnancy supplements in the below categories have been selected;*

- Folic acid
- Pregnancy multivitamins-mineral supplements with/without omega 3

DIAPERS, PANTS AND WIPES

Baby wipes
Disposable diapers
Reusable diapers
Swim diapers
Training pants

BINS

Nappy Bins
Nappy bin refills

TOILET TRAINING

Potty
Potty seats
Step stools
Toilet trainers



Chronic care

** Providing support in the daily management of chronic health conditions.*

EXTERNAL MEDICAL ITEMS/ASSISTED LIVING

Bath aids
Commode
Crutch
Elderly aids
Shower chair
Support cushions
Toilet aids
Walkers
Walking stick
Wheelchairs and spare parts

HOME DIAGNOSTIC TESTS AND ACCESSORIES

Blood glucose test strips and kits
Home tests
Lancets and devices for blood sampling
Pill box
Tablet cutter
Thermometers

MEDICAL INCONTINENCE

Incontinence nappies
Incontinence pads
Incontinence pants
Linen protectors

MONITORING DEVICES

Blood pressure monitors
** wrist blood pressure monitors are excluded*
Glucose monitors
Oximeter
** Nebulizers excluded*

HEALTHMONITOR DEVICE BENEFIT FOR VITALITY 65+ MEMBERS

** The HealthMonitor Device benefit is not yet available at Clicks stores.*



Clinic services

MOTHER AND BABY WELLNESS

PRIMARY HEALTHCARE SERVICES

SCREENING TESTS



Dental care

DENTAL FLOSS AND WATER FLOSSERS

DENTURE CARE

CLEANSER

DENTURE ACCESSORIES

FIXATIVE

INTERDENTAL

MOUTHWASH AND SPRAYS

TOOTHBRUSHES

Manual
Electric
Brush heads

TOOTHPASTE



Emergency care

ANTISEPTIC LIQUID, OINTMENT AND SPRAYS

BANDAGES, DRESSING, PLASTERS AND TAPES

COTTON WOOL PRODUCTS

FIRST AID

Burn shield
Face masks
First Aid Accessories
First Aid Kits and refills
Gloves

MUSCLE RUBS, OINTMENT AND GELS

Chaffing creams
Hot/Cold packs, patches and wraps
Massage gels, oil and rubs
Muscular pain relief creams, gels, ointment and sprays

SLINGS AND SUPPORT

Ankle Support
Armsling
Back Support
Cervical Collar
Compression Stockings
Elbow support
Finger Splints
Knee Support
Moonboot
Sports tapes and strapping
Wrist Support



Eye care

CONTACT LENS CARE

EYE CARE PREPARATION

READING GLASSES

** Excludes sunglasses*



Fitness and Wellbeing

HUMIDIFIERS AND AIR PURIFIERS NUTRITIONAL SUPPLEMENTS

Although it is best to follow a healthy, balanced diet for optimal health, we have a selected house-branded range of supplements to support your diet, where necessary.

** Only Clicks house branded supplements in the below categories have been selected;*

Clicks essential omega 3 fatty acids

- Fish oil
- Flaxseed oil
- Krill oil

Clicks multivitamin and minerals

Clicks probiotics and probiotics

** Single vitamin and mineral supplements are excluded as supplementing with these may result in excessive intakes.*

SELECTED FITNESS DEVICES

Fitness devices are not available in Clicks stores

WATER PURIFICATION

Water filters and dispenser



Foot and hand care

CREAMS AND LOTIONS

Anti-fungal nail treatment.

Corn and callus ointment and balm

Foot cream, scrubs and soaks

Hand cream and lotions

Heel balm

Medicated footcare

Nail repair cream

IMPLEMENTS AND ACCESSORIES

Blister plasters

Bunion guard

Callus file

Corn and callus cushions

Corn cutter

Corn protector

Corn wraps, caps and pads

Fascia orthotic

Foot file

Heel and arch supports

Heel grips and cushions

Nail clippers

Nail scissors

Pumice stone

Smart arch

Toe protector

Wart freezer

FOOT POWDERS AND SPRAYS

FOOT SUPPORTS, INSOLES AND INSERTS



Over-The-Counter Medicine

Remember to swipe your Clicks loyalty card at the pharmacy counter before the S1 & S2 medicines are dispensed. This is in addition to swiping your loyalty card at the till point when making payment for the full basket purchase.

SCHEDULE 1 MEDICINE

SCHEDULE 2 MEDICINE



Products to stop smoking

** Stopping smoking drastically reduces the risk of cardiovascular disease and cancer.*

NICOTINE REPLACEMENT THERAPY

Gums

Patches

Sprays

GoSmokeFree cessation programme



Self-care

CONDOMS

EAR AND NOSE CARE

Ear Plugs

Ear care preparations

- Ear drops
- Ear cleanser
- Ear rinse

Nasal decongestants

Wax remover

FEMININE HYGIENE

Feminine cleanser
Feminine intimate wipes
Feminine wipes
Menstrual cups
Panty liners
Sanitary pads/towels
Tampons

MEDICATED HAIR CARE

Anti-dandruff shampoo and conditioner
Anti-lice shampoo, conditioner, comb, spray, kit
Medicated hair care

SKINCARE

Acne Creams
Aqueous cream and body lotions
** Only included skin creams which are medicated, unscented with no irritants, perfume or coloring*
Eczema cream
Medicated creams and lotions
Petroleum jelly
Psoriasis cream

SELF-CLEANSING PRODUCTS

Liquid hand soap

Selected soap bars and body washes

- Aqu Bar
- Clicks Hygiene
- Dettol
- Epiwash
- Lifebuoy
- Protex
- Pure
- Savlon
- Securex Hygiene
- Tetmosol

Sanitisers

- Hand sanitiser
- Sanitiser refills
- Sanitiser surface sprays
- Sanitiser wipes
- Waterless sanitiser

SELF-MEDICATION (SCHEDULE 0)

Analgesics & Antipyretics

- Body temperature
- Inflammation
- Pain

Cough and cold

- Cough and cold remedies
- Nasal spray
- Throat lozenges and sprays

Gastrointestinal

- Antacid
- Laxatives
- Electrolyte replacement and rehydrate

** Homeopathic remedies, Vitamins & Minerals, Nutraceuticals excluded*



Sun care

AFTER SUN CREAM, LOTION AND SPRAYS

SPF LIP BALM

SUN CREAM, SPRAYS AND LOTIONS

** Tinted/bronzing sun care items are excluded*

I Excluded categories:

Beauty tools and accessories
Bubble bath
Candles and home fragrances
Clothing, shoes and socks
Deodorant
Food and beverage
Fragrances
Gift sets
Hair removal / shaving
Hair styling tools
Hairbrushes and accessories (incl wigs and weaves)
Home cleaning
Home décor and houseware
Homeopathic, tonics and herbal remedies
Kitchen and household appliances
Makeup
Paper and plastic (incl toilet rolls)
Regular Hair shampoo & conditioner
Skincare
Stationery
Toys and games
Travel accessories





Discovery has worked closely with its partners to ensure the products included are safe and promote a healthier lifestyle. Every effort has been made to choose the best quality products to promote overall health and wellness. Discovery Vitality (Pty) Ltd is not responsible for any side effects or reactions an individual may experience as a result of using these products. Discovery is also not responsible for any products that do not work for any reason. Please speak to a healthcare professional before buying any of the products and read the package inserts on how to use these products safely. Schedule medication bought using the Vitality HealthyCare benefit does not qualify for the additional Vitality Money boost. Therefore, the maximum HealthyCare reward you can earn on any schedule medication is up to 25% back.

Terms and conditions apply. For more information, please visit www.discovery.co.za or call 0860 99 88 77.

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