

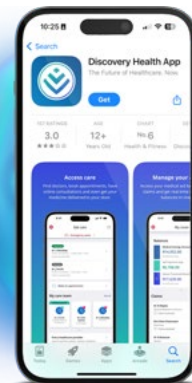


How to get started with your Personal Health Pathway



01 | Download the **Discovery Health app and log in**

- Make sure you have the Discovery Health app installed on your device.
- Log in to your profile. You can use the same login details that you use for the website.



02 | Identify your **personalised next best actions**

- In the Discovery Health app, go to the section dedicated to Personal Health Pathways.
- Our onboarding guide will show you how it works.
- Read and accept the terms and conditions to start your Personal Health Pathway.
- You'll get personalised actions to improve your health and wellbeing based on your unique health status.



03 | Review the **details of each action**

- Your health and exercise actions are specific to improving your health. Therefore, your actions will be different from other people's actions.
- Tap on each next best action to view detailed guidance and information.
- Actions will be personalised to you and will include activities that you should be doing to improve your health. Examples are booking a Health Check and visiting your primary care provider.



04 | **Plan** your actions

- Some actions require appointments with your healthcare provider, which means you'll have to plan when and how to complete each action.
- For example, if your next best action involves a Health Check, make an appointment.
- Remember, to earn a reward, your action must be completed by the date shown on your next best action card.



05 | **Complete** your action

- For exercise actions, ensure you track your workouts using **compatible fitness devices or apps**.
- For health actions, go for the necessary health assessments and screenings.



06 | Track and check **your progress**

- Regularly check the Discovery Health app to monitor your progress.
- For each action you complete, the relevant ring will close by a certain amount. Each completed action gets you closer to earning a reward.
- We track the completion of your exercise action based on the data we receive from your linked device. We track your health actions through the related claims we receive.



07 | Get **rewarded**

- Each time you completely close a ring, you earn a personalised reward.