





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.

Personal Health Pathways is brought to Discovery Health Medical Scheme members by Discovery Health (Pty) Ltd; registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes. Personal Health Pathways is enabled by the combination of Discovery Health's healthcare capabilities and Vitality's behaviour change expertise. Discovery Health Medical Scheme, registration number 1125, is an independent non-profit entity governed by the Medical Schemes Act, and regulated by the Council for Medical Schemes. Vitality is a separate wellness product, sold and administered by Discovery Vitality (Pty) Ltd, registration number 1999/007736/07. Limits, terms and conditions apply.