

Discovery News

for Discovery Health members

D&A
DORMAN &
ASSOCIATES

Contributions

Check your contributions and your plan!

Vitality premiums would have increased with the January contribution, but your medical aid premiums will only increase with the April contribution (end of April if salary deduction and 1st May if payment by debit order in arrears).

If you changed your plan for 2026, check the app or the website to make sure you are on the correct plan.

Check your benefits: You should be able to download a plan guide from the app or website, or from Ask Discovery on WhatsApp. This will show you all of your benefits, co-payments, and limits for the plan you are on. If you are registered for Chronic medication, check if there are changes to how your medication is covered.

PHP Challenges

Have you tried one of the Personal Health Pathways (PHP) challenges yet?

If you are already on Active Rewards, then the Exercise challenge is the easiest—simply activate the challenge and make sure you hit your Active Rewards goals each week to earn additional rewards within Personal Health Pathways.

The Glucose Monitoring and Blood Pressure Monitoring challenges require specific monitoring equipment that allow your test results to be uploaded to the Discovery App. There have been some issues with uploading the test results, but do persevere, and if you have problems, use the Chat Bot on the website or app to assist you or to log any problems specific to your membership.

One of the known issues has been when you complete a challenge, the next challenge does not automatically pop up. Discovery is working on correcting this.

Screening Benefit

The Screening and Prevention Benefit gives you access to certain tests that can help identify health risks when they are most treatable. These tests do not affect your day-to-day benefits. However, consultations and related costs are paid from your available day-to-day benefits, and if you have reached the frequency allowed in the specific calendar month or year, then any further tests are paid from day-to-day benefits or your pocket.

Tests include:

- breast cancer screening (mammogram and/or breast ultrasound) every 2 years
- Pap Smear every 3 years or one HPV DNA test every 5 years
- PSA test once a year
- Seasonal flu vaccination if you are registered for certain chronic conditions, or are 65yrs or older, or a registered healthcare professional, or you are pregnant.
- 2 Pneumococcal Vaccinations in your lifetime if you are registered for certain chronic conditions, or are 65yrs or older
- Unlimited HIV blood tests
- One Health Check (adult, child or senior) per calendar year
- 1 bowel screening test every two years, for those aged 45 to 75.

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This email is written by an independent commentator and not by Discovery Health. Any Discovery Health member is welcome to subscribe. Queries regarding this email can be sent to keith@dorman.co.za.

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KeyCare Client Services
0860 102 877
Discovery Emergency Number
0860 999 911

2026 Discovery Health Plans
Executive Plan
Classic Comprehensive
Classic Smart
Comprehensive
Classic & Essential Priority
Classic & Classic Delta Saver and Core
Essential & Essential Delta Saver and Core
Coastal Saver and Core
Classic and Essential Smart Saver
Classic, Essential, Essential Dynamic and Active Smart
KeyCare Plus, Core, Start and Start Regional

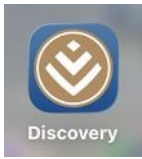
2026 Discovery Rewards
Vitality Active
Vitality

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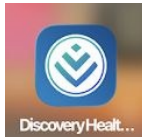
Authorised FSP: 6593
Council for Medical Schemes:
ORG139

Apps: what to find where

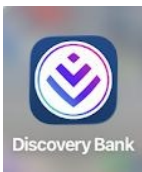
Discovery's apps all link to each other, so no matter which you use, if it isn't the correct one, it will prompt you to go to the correct one, or take you to Discovery's website. The same log in details are used for all apps and the website.



On the Discovery App, the Home screen gives you a summary of the sections of Discovery you use, including Discovery Miles balance, Active Rewards points, your Savings balance, your Personal Health Pathways activities and your Vitality status. For those members who are not Discovery Bank clients, and who use their Discovery Miles for voucher purchases, this app includes Vitality Mall where you purchase those vouchers, and is also where you play the Gameboard to earn your Discovery Miles.



The Discovery Health App is where you find Personal Health Pathways, your Health history, any medical devices you have linked, and your recent consultations. You can also see who your Primary Care GP is, and make changes if required. The My Cover section will give you Savings and Personal Health Fund balances, and recent claims submitted.



The Discovery Bank App is for Bank clients. You can move funds between accounts, manage your accounts, and purchase airtime, electricity and other products. If you are a bank client, this is where you will play the Gameboard when achieving your Active Rewards goals. With Vitality Money you can also complete financial courses and financial planning, increasing your Vitality Money status and earning you increased discounts.

What is a medical emergency?

Discovery defines an emergency medical condition, also referred to as an emergency, as the sudden and unexpected onset of a health condition that requires immediate medical or surgical treatment. Failure to provide medical or surgical treatment would result in serious impairment to bodily functions or serious dysfunction of a bodily organ or part or would place the person's life in serious jeopardy. An emergency does not necessarily require a hospital admission. Discovery may ask you or your treating provider for additional information to confirm the emergency.

Vitality Active Rewards and Miles

Getting rewarded for achieving exercise goals is motivating many Vitality members each week.

The Active Rewards week runs from Saturday to Friday. If you have achieved your exercise goal, you immediately get access to an instant reward (a coffee, a smoothie, etc). If you don't use your instant reward by the Wednesday of the following week, it is converted to a play on the Gameboard. Non-Bank members will play the Gameboard on the Discovery App and Bank members play on the Bank App. A play on the Gameboard (by picking a tile) will earn you Discovery Miles. You might have more than one play on the board, depending on what Discovery products you have and what goals you have reached.

What do you do with your Discovery Miles?

- All members can purchase vouchers from Vitality Mall, for food, streaming platforms, clothing, etc. These members will purchase vouchers at a 5% discount for each Vitality product you use *5% for Vitality Health, 5% for Vitality Drive and 5% for Vitality Money). On the 15th of each month, these discounts are doubled
- Discovery Bank members can spend Miles at online or in-store partners, use them as payment for various partners, transfer them to friends with Discovery Bank accounts, or deposit them (converted to Rands) into any of their Discovery Bank accounts.

Discovery Miles expire 5 years from the date they are earned, or if you have not earned or spent any for 12 consecutive months.

Thank you for reading our issue of Discovery News.

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