



Vitality Sleep Rewards terms and conditions

Vitality Sleep Rewards is here to help you track, understand and improve your sleep. Get rewarded weekly for improving your sleep habits and achieving your personalised weekly sleep goal.

<p>You get a daily Vitality Sleep Score out of 100 as a measure of your overall sleep health.</p>	<p>Your daily Vitality Sleep Score adds up to help you achieve your personalised weekly sleep goal.</p>	<p>Achieve your weekly sleep goal and choose between 200 Discovery Miles, a partner reward or donating towards Vitality MoveToGive.</p>
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Who can use Vitality Sleep Rewards?

Vitality Sleep Rewards is designed to help you build healthier sleep habits while earning rewards along the way. This benefit is available to the following eligible members:

- Members with an active Vitality Health membership
- Discovery Health Medical Scheme members who have activated their Personal Health Pathways

To qualify, you must be 18 years or older. You'll also need access to a compatible smartphone (iOS, Android, or Huawei) with the latest version of the Discovery app installed.

What you pay

There is no activation fee applicable to activating Vitality Sleep Rewards. Vitality Sleep Rewards is available through the Discovery app, which is free to use apart from any data costs which apply when you download or use the app, or update to the latest version.

How it works

1. Set up your app

- Download or update the Discovery app on your compatible iOS, Android or Huawei smartphone.
- Log in using your Discovery website credentials.
- Activate Vitality Sleep Rewards in the app.
- Link a compatible wearable device to track your sleep.
- You can now start earning rewards for healthy sleep habits.

Discovery Health Medical Scheme members on Personal Health Pathways can also activate this benefit in the Discovery app.

2. Track your sleep each night and understand your score

Vitality Sleep Rewards will use sleep data collected only from the following supported devices, and data from other sources cannot be processed.

- Apple Watch
- Garmin devices
- Oura Ring
- Samsung wearable devices
- The ability to track sleep through the Discovery iOS and Android apps is coming soon

Discovery Vitality cannot take into consideration any sleep data that was not captured or transmitted due to device malfunction, user error, or syncing delays.

Each night that you track your sleep, you will receive a Vitality Sleep Score out of 100.

- Your Vitality Sleep Score is personalised and based on your sleep data as well as clinical, lifestyle, and demographic factors.

- The sleep data that we use includes these factors, with the recommended ranges for each:
 - Duration is measured as the total time spent asleep in your main sleep session and is assessed as follows:
 - Excellent: 7-8 hours
 - Good: 6-7 or 8-9 hours
 - Needs improvement: Less than 6 or more than 9 hours
 - Regularity reflects how consistent your sleep schedule is from night to night, and is assessed based on your usual sleep start time over recent weeks:
 - Excellent: Within 30 minutes of the time you usually fall asleep
 - Good: Between 30 minutes and an hour away from the time you usually fall asleep
 - Needs improvement: More than an hour away from the time you usually fall asleep
 - Quality reflects how restorative your sleep is. It's based on the proportion of REM and deep sleep you get each night, as measured by your device. Each sleep stage is measured separately using the same ranges:
 - Good: More than 15%
 - Fair: 11% - 15%
 - Needs improvement: 10% or less
- Your score is allocated to the day on which the night of your sleep ends. For example, a sleep session from Monday 22:00 to Tuesday 05:00 (Monday night) would be allocated to Tuesday; and a sleep session from Tuesday 18:00 to Tuesday 23:00 (Tuesday night) would be allocated to Wednesday. For sleep sessions occurring during the day (between 10:00 and 19:00), these will be allocated to the day of the sleep session.
- You will only receive one Vitality Sleep Score per day, based on your longest sleep session.
- Your Vitality Sleep Score is separate from your device's own sleep score and there may be differences between the two – only the Vitality Sleep Score will contribute towards your weekly sleep goal.

- A Vitality Sleep Score of 75 or higher is considered excellent, and you can achieve a 75+ score by meeting the requirements below. Other levels are included as a guide:

Score	Duration	Regularity	Quality (REM and deep)
75+	Excellent	Excellent	Good
70+	Excellent	Good	Good
70+	Good	Excellent	Good
60+	Excellent	Excellent	Fair
60+	Good	Good	Good
50+	Good	Needs improvement	Fair

For additional information on how to achieve your weekly sleep goal or how to improve your sleep, please refer to Vitality Sleep Rewards in the Discovery app.

3. Achieve your weekly sleep goal

Each week, you will receive a personalised weekly sleep goal based on your current health status and sleep behaviour.

Your weekly sleep goal works as follows:

- Your goal runs from Saturday to the following Friday, and daily Vitality Sleep Scores from Saturday (Friday night's sleep) to Friday (Thursday night's sleep) are added together to calculate your weekly score.
- You can track your progress towards your weekly sleep goal in the Discovery app.
- You will see your weekly goal for the following week starting Friday afternoon at 4pm, so that you are aware of your goal and personalised details before the week starts.
- To achieve your goal, your total weekly score must meet or exceed your personalised target.
- In the week that you activate Vitality Sleep Rewards, your goal may be pro-rated to make sure that it reflects how many nights you have left in the goal week to track your sleep.

- Your goal will adjust over time to support your progress. It may:
 - Increase as your sleep improves.
 - Stay the same to maintain consistency.
 - Decrease where appropriate to remain achievable.

Goals are capped to ensure they remain realistic based on your habits and health.

Devices and syncing

Your linked device shares your sleep data with Discovery when it syncs. To ensure your data is up to date, open your device's app regularly so that your latest sleep information is shared, as we may only get your data once you have opened your device's app.

- There may be a delay of up to an hour between receiving your sleep data and generating your Vitality Sleep Score.
- If you track your sleep with more than one wearable device, you will receive the best Vitality Sleep Score from sources that have all metrics available.
- If there is a delay in syncing, a Vitality Sleep Score will be allocated if the data is received within two weeks of the event. If this causes you to achieve your goal, rewards will be allocated retrospectively.
- If you stop syncing your device, we will not be able to calculate your Vitality Sleep Score or track your progress.
- Discovery Vitality cannot award a Vitality Sleep Score or rewards for sleep data that was not captured or transmitted due to device malfunction, user error, or syncing delays outside of the two weeks.

Your focus areas

As we learn more about your sleep habits, we will provide a personalised focus area and recommend sleep start time to help guide your improvement.

Your focus area highlights the sleep behaviour, including regularity, duration or quality, that is likely to have the greatest impact on your overall sleep health.

To generate these personalised insights, you need to track at least 14 sleep sessions over a six-week period using your wearable device. This does not impact on your ability to earn a Vitality Sleep Score for sleep events tracked where these personalised insights are not available.

Focusing on your recommended area can support meaningful improvements in your sleep and your Vitality Sleep Score. However, it does not guarantee that you will achieve your weekly sleep goal.

Please note that your focus area may be less applicable if your sleep is regularly disrupted, such as for shift workers or new and expecting parents. However, you will still be able to engage in Vitality Sleep Rewards and get rewarded when you achieve your weekly sleep goal.

Your focus area is provided for general wellbeing and educational purposes only. It is intended to encourage healthy sleep habits and positive lifestyle changes. It does not replace advice from your doctor or other qualified healthcare professionals and should not be considered medical advice, diagnosis or treatment.

Rewards

As soon as you achieve your weekly sleep goal, you can select a reward from Vitality Sleep Rewards in the Discovery app.

You can choose from rewards such as:

- Discovery Miles;
- A reward from a partner, e.g., a coffee reward;
- Donating your reward through Vitality MoveToGive

You have until midnight on the Friday after your reward selection becomes available to choose your reward. If you do not select a reward within this period, your reward selection will expire and will not be automatically converted to Discovery Miles or any other reward.

Example 1:

Sarah achieves her weekly sleep goal on Wednesday 13 May and can choose her reward immediately. She has until midnight on the following Friday, Friday 22 May, to choose her reward. If she does not choose her reward, the reward will be forfeited. She chooses a reward from a partner and has two weeks to redeem it – the expiry date is shown on the reward.

Discovery Miles [terms and conditions](#) and partner rewards [terms and conditions](#) will apply.

Disclaimer

The Vitality Sleep Rewards benefit is a wellness feature intended to provide general, non-clinical insights into sleep habits and sleep-related behaviours, based on available data. Neither the Vitality Sleep Rewards benefit nor the Vitality Sleep Score is intended to, nor does it constitute medical advice, diagnosis, treatment, healthcare services, or a substitute for professional medical judgment.

Neither Discovery nor Discovery Vitality makes any representations, warranties, or guarantees, whether express, implied, or statutory, that participation in the Vitality Sleep Rewards benefit will result in improved sleep, improved health outcomes, or any specific

result. Any improvement in sleep or wellbeing is dependent on multiple factors, many of which are outside Discovery's control, including but not limited to individual health conditions, lifestyle choices, environmental factors, sleep habits, device accuracy, data completeness, and member engagement.

Participation in the Vitality Sleep Rewards benefit is voluntary and undertaken entirely at the member's own risk. Members remain solely responsible for their health and wellbeing and acknowledge that reliance on the Vitality Sleep Score or related insights is at their own discretion. Members should consult their healthcare practitioner if they have any concerns regarding their sleep, general health, or before making any changes to their sleep habits or routines.

Privacy

Your privacy is important to us. By taking part in the Vitality Sleep Rewards programme, you acknowledge that the Discovery [privacy policy](#) applies. You can update your Discovery app privacy settings at any time.

Sharing information and accepting the terms and conditions

By using this benefit, you agree that your personal information, including your relevant sleep metrics may be processed to administer the benefit as defined under these terms and conditions and Discovery S.A.'s [privacy statement](#). In particular:

- Discovery Vitality (Pty) Limited, its device partners and rewards partners may share relevant information to manage the benefit and make rewards available to you.
- For Discovery Health Medical Scheme members who have activated the [Personal Health Pathways programme](#), relevant information may be shared between Discovery Health Medical Scheme, Discovery Health, Discovery Vitality and authorised third parties to administer the programme and linked rewards effectively.
- Additional consent will apply for Discovery Insure members who give permission to access sleep data shared by Discovery Vitality to administer [the Vitality Drive](#) Sleep Points.

Acceptance of terms and conditions

By activating the Vitality Sleep Rewards benefit, you agree to the limits, terms and conditions set out in this benefit guide.

If there is a conflict between the rules in this benefit guide and the [Main Rules](#) for Vitality Health the Main Rules will always apply.

Ending the benefit

If you are no longer an eligible Vitality Health or Discovery Health Medical Scheme member with Personal Health Pathways activated, your access to Vitality Sleep Rewards will end. Once your membership ends, your sleep goal and progress will no longer be available.

Migrating to a different, eligible plan will not impact your access to Vitality Sleep Rewards. Migrating to an ineligible plan will result in loss of access to your sleep goal and progress.

Find out more

Limits, terms and conditions apply. If you have any questions or need more information about this benefit, visit www.discovery.co.za and navigate to **Vitality**. Alternatively, visit the [Vitality Help page](#) for more information.

Keep up to date with the latest news from Vitality

Download the Discovery app and follow Discovery Vitality on ([@Vitality_SA](#)) and ([DiscoverySA](#)).

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