VITALITY MEMBERS

You will learn more about your eating habits and understand what your nutritional goals should be. To find out more visit www.discovery.co.za and click on Vitality.

TO BOOK YOUR ASSESSMENT
CALL CATHERINE ON 082 534 9098
Things to keep in mind

✓ You will earn **5 000 Vitality points on your first consultation (30 – 45 minutes)**

✓ If you book follow-up visits you can earn up to further **2500 Vitality points on your second visit (30 minutes)**

✓ **2 500 Vitality points on your third visit (30 minutes)**

✓ That means you can earn up to **10 000 Vitality points in total** by meeting with a dietitian

✓ Your Vitality points will be automatically awarded

✓ They will reflect on your Vitality Points Monitor within a week

✓ Each **Vitality Nutrition Consultation costs R320.00** for each person.

✓ This amount must be paid on the day via EFT or cash

✓ Debit/ credit card are available at 15 Brommersvlei Rd, Constantia

✓ If you have a Discovery Health Plan with a Medical Savings Account and available funds, you can claim this amount back from the Scheme (if there is no waiting period)

✓ If your client is a Discovery Life policyholder, you will need to pay for the consultation

FOR MORE INFO visit: [www.catherineday.co.za](http://www.catherineday.co.za)