



*Catherine Day*  
**DIETETICS**

## VITALITY MEMBERS

can have a Vitality Nutrition Assessment done at  
Catherine Day Dietetics!

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](http://www.discovery.co.za) and  
click on Vitality

### **TO BOOK YOUR ASSESSMENT**

CALL CATHERINE ON **082 534 9098**

Love food. Eat smart. Love life.

Cath Day, RD(SA) | BSC (Med) (Hons) Nutrition & Dietetics (UCT) | Practice  
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# 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)**