

Get your body on the

RIGHT TRACK

with savings at Weight Watchers S.A.



Weight Watchers S.A.

What this benefit offers Vitality members

With this benefit, you can join Weight Watchers S.A. for 30% less than the standard rate, regardless of your Vitality status. You can earn Vitality points for a weight assessment and for reaching your goal weight.

Who may join Weight Watchers S.A.

All Vitality members who are 18 years and older on an active Vitality membership can join. The Gold Lifetime Membership Award is not available to members in South Africa.

Children between the ages of 10 and 17, with a Vitality membership, can also join Weight Watchers S.A. at the reduced rate. Children up to the age of 15 will need written permission from their parents and doctor. Vitality points are only awarded to Vitality members from the age of 18 and older.

What you pay

You pay 30% less than the standard rate, when you register for a **12-week programme membership**. There are no other fees apart from the monthly Vitality fee. When you complete the initial 12-week programme, you pay the discounted four-weekly rate until you reach your goal weight.

The digital non-printable S.A. Food List is an optional extra. There is a cost if you want this food list and it is not part of the Time for Success member programme. Terms and conditions can be viewed by visiting www.weightwatchers.co.za

How it works

When you join, you'll attend meetings once each week. The meetings take place within an hour. Each week the Weight Watchers Group Leader will weigh you and record your weight. When you have completed the initial 12-week programme, you can either:

- Pay for another 12-week cycle at 30% less than the standard rate, or
- Pay a monthly fee at a 10% discount until you reach your goal weight.
- Terms and conditions can be viewed by visiting www.weightwatchers.co.za

Becoming a Lifetime member

To receive Lifetime membership you must either:

1. Reach a healthy weight within the recommended body mass index (BMI) range *or*
2. Have lost at least five kilograms on the programme, completed six weeks on the Maintenance Programme and be no more than one kilogram away from your goal weight.

Once you become a Lifetime member you get free monthly weight assessments. To remain a Lifetime member:

- Your weight must stay within one kilogram of your goal weight *and*
- You must weigh yourself at Weight Watchers S.A. at least once a month.

If you have any questions, email info@weightwatchers.co.za or call Weight Watchers S.A. during office hours on 0861 113 225 (choose the Vitality option).

Vitality points you earn

Vitality members earn points once a year

You earn 500 Vitality points for your weight assessment. You earn 2 500 bonus Vitality points for a Body Mass Index (BMI) within a healthy range. You can also automatically earn 150 Vitality points for your weigh ins each week.

When you will earn bonus points

You will earn 2 500 bonus points when your BMI is between 18.5 and 24.9.

You will also earn 2 500 bonus points when your BMI is between 24.9 and 29.9 and your waist circumference is smaller than 102cm for men and smaller than 88cm for women.

You will only earn the bonus points with a BMI of between 24.9 and 29.9, when your **waist circumference has been confirmed and is within the healthy range** for your gender.

You can earn a maximum of 3 000 Vitality points.

No bonus points will be awarded for a BMI below 18.5 or above 30.

The Vitality points take about six weeks to show on your Vitality Points Monitor on www.discovery.co.za






Vitality members who are pregnant can still attend the Weight Watchers S.A classes, but will not earn Vitality points for reaching their goal weight. If you fall pregnant during the Weight Watchers S.A. programme you will also not earn points. You will not be weighted during the term of pregnancy as part of the programme. Terms and conditions for joining the programme can be viewed on www.weightwatcher.co.za

Ending this benefit

If you cancel your Vitality membership after you have joined Weight Watchers S.A., you can continue with the programme. You will be required to pay the standard, current rate for any further programmes you follow.

Stay in touch

Terms and conditions apply. If you have any questions or need more information about this benefit, please visit www.discovery.co.za and click on Vitality or call 0860 99 88 77. If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Main Rules – the Vitality Main Rules will apply at all times.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).