

momentum

*multiply*



**Eat  
Sleep  
Move  
Breathe  
Connect**

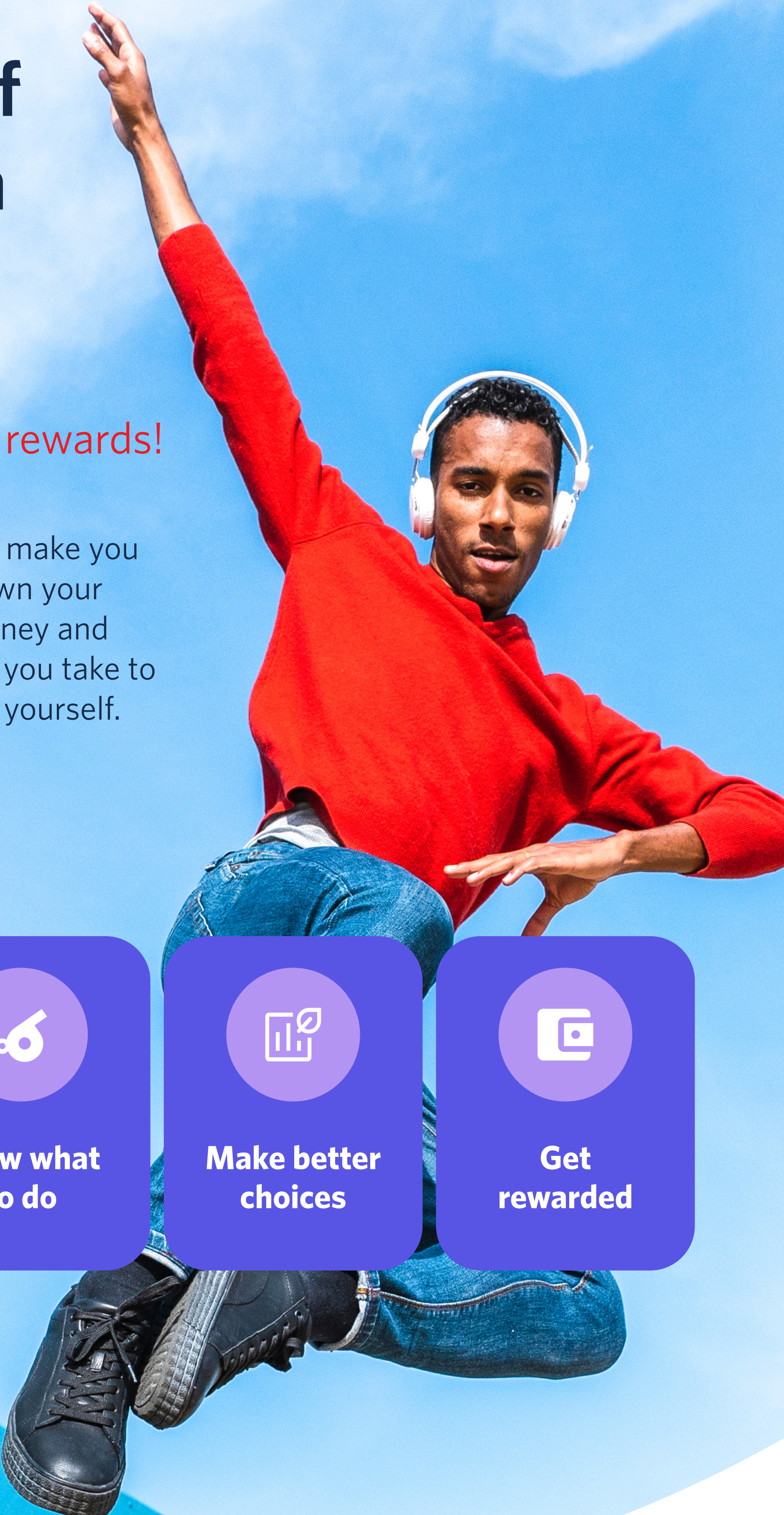
Multiply **Inspire** 2023





# The value of good health is priceless


Small wins equal big rewards!


It's the everyday steps that make you healthier. Get inspired to own your choices on your health journey and get rewarded for each step you take to become a better version of yourself.

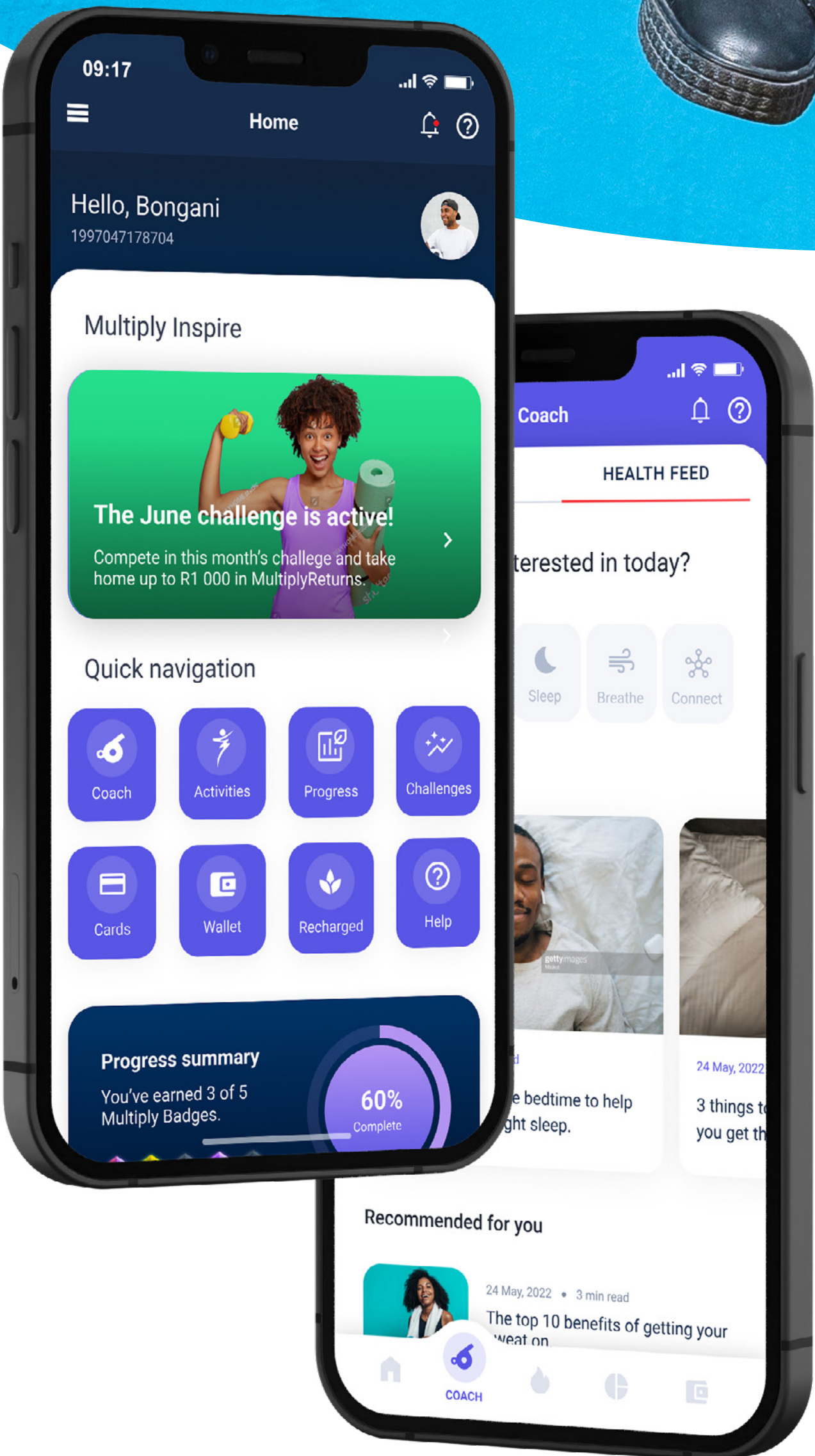


  
**Know your health**

  
**Know what to do**

  
**Make better choices**

  
**Get rewarded**



We know that healthy living is hard sometimes - **where do you even start?**

We meet you where you are on your journey and help you achieve your best health.

Your wellness is our goal, so we'll encourage and reward you for making healthier choices and for looking after your wellbeing. Plus, have fun while getting healthy!

Earn rewards from day one. **Download the Momentum Multiply app** and start your health journey.





# Know your health

Knowing how healthy you are, is the first step to a **healthier body and mind.**

Do these activities and earn rewards. The more you do, the more you get!

## Lifestyle Quiz

**Earn your first HealthReturns** for completing the Lifestyle Quiz, guaranteed for three months.



Tell us a little bit about yourself and your health and get personalised recommendations on how to maintain or improve your overall health. We'll ask you questions about how you eat, sleep, move, breathe and connect.

## Health assessment

**Do your health assessment** within three months after doing the quiz and lock in your HealthReturns for a year.



See how healthy you are and get a Healthy Heart Score. Book your health assessment on the app.

## Fitness assessment

**Want to earn more?** Boost your HealthReturns when you do a fitness assessment.



Do an online or in-person fitness assessment with a Multiply affiliated health professional and know your fitness level.



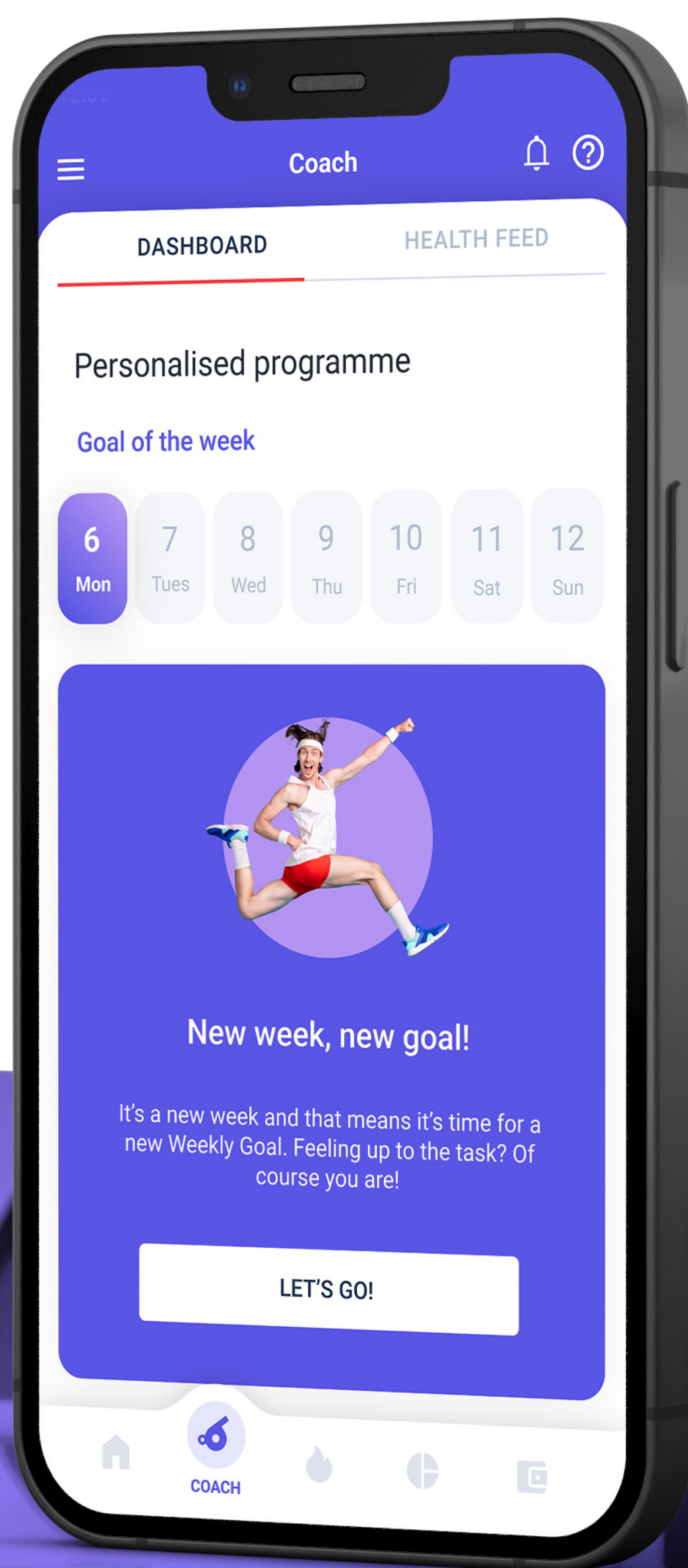
# Know what to do

What's next? Why not consult our **Digital Coach?**

The Multiply Digital Coach is a tool that supports you to make better lifestyle choices to help you improve your overall wellbeing.

When you're done with the Lifestyle Quiz, **start engaging** with the Digital Coach tool.

**Great!** Now you know what areas you need to focus on, and you're getting practical tips on what you need to do. You also started earning HealthReturns for your efforts to get healthier.



Every step counts so keep going!

**Small wins equal big rewards.**



# Start creating healthy habits

## Active Dayz®



### Movement is important for your overall health.

So, burn 300 calories in a single workout or take 10 000 steps in a day and earn Active Dayz. Track your activity with any of the compatible fitness devices or apps on your smartphone.

## Recharge Dayz



### Find out if you're mentally and physically ready to face the day.

A scan with the app tells you how ready you are to face the day. If you get a good Recharge Score, you'll earn Recharge Dayz.

## Small everyday efforts lead to big long-term health wins.

Multiply Wins reward you for consistent physical activity. Achieve 4 weekly goals to achieve your monthly goal and earn a Monthly Win! Achieve your Weekly Wins for 4 weeks, add 4 Recharge Goals and get a bonus Monthly Win!

### Weekly Wins

Achieve your weekly activity goal and score.

### Monthly Wins

Score more HealthReturns or a treat for every 4-week winning streak.

2ND



Add Recharge Dayz to your Weekly Wins to get a **Booster Trophy**.

1ST



Get a Booster Trophy 4 weeks in a row and you **WIN** the **Multiply Cup!**

3RD



Get your Weekly Wins and score an **Active Dayz Medal**.

## Challenge accepted!

Feeling competitive? See your consistent efforts pay off and get rewarded.

### Outstep, outrun or outperform the competition!

Take part in health challenges, get ranked on the leaderboard and score HealthReturns.



Copper

Bronze

Silver

Gold



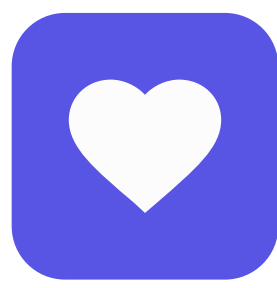
# Get rewarded

All your cashbacks from partners and HealthReturns<sup>+</sup> from activities and challenges are paid into your HealthSaver account. This means cash in your pocket to either save or spend at healthcare providers or approved partners.

You earn HealthReturns when you:



complete the Lifestyle Quiz



do your health assessment



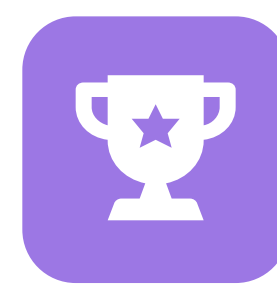
do a fitness assessment



get Weekly Wins



achieve Recharge Goals



participate in leaderboard challenges and rank at the top of the leaderboard

+HealthReturns is a complementary product available from Momentum to members of qualifying medical schemes. Momentum is not a medical scheme and HealthReturns is not a medical scheme benefit

## Score great savings with discounts and cashbacks from our partners

### Health & lifestyle



### Travel & entertainment



### Sports & fitness

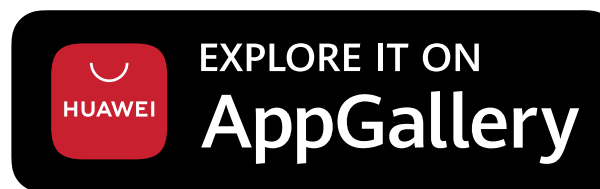


And more!



# Start your wellness journey today

Download the Momentum Multiply app



## Multiply Inspire

# Free

Have fun and get rewarded for living your healthiest life!

Your partner on your journey to health and wellness

Access to the Multiply Digital Coach tool

Basic HealthReturns putting cash back in your pocket

Basic partner discounts and cashbacks

## Multiply Inspire +

# R195pm

Double your rewards for living your healthiest life!

Your partner on your journey to health and wellness

Access to the Multiply Digital Coach tool

+ Multiplied HealthReturns putting cash back in your pocket

+ Multiplied partner discounts and cashbacks

Main member: R195 | Partner/spouse: R90  
Adult dependant (18 years and older): R40  
Child dependant (7-17): R25  
Child dependant (under 7): Free

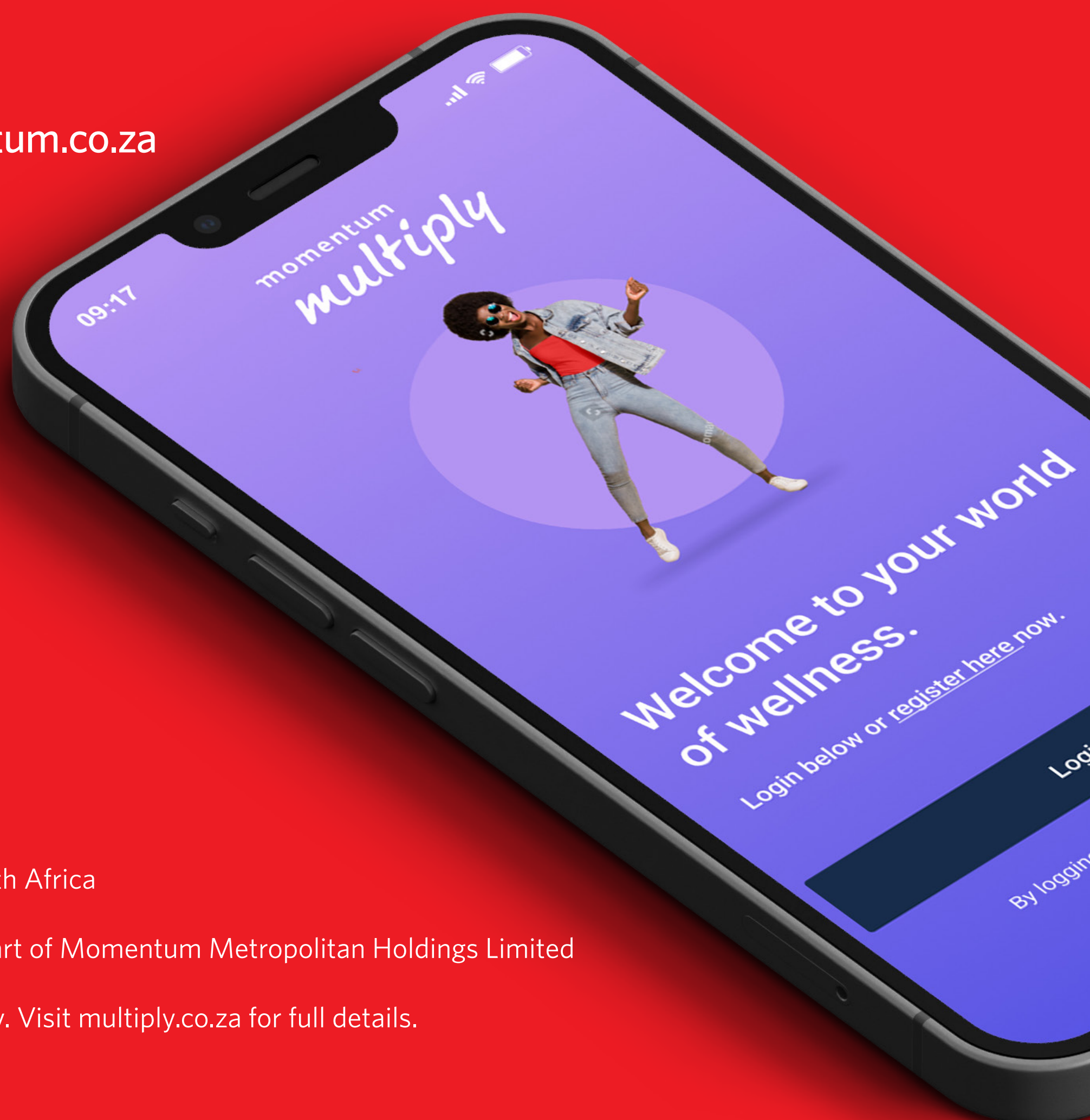
## Chat with us

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