

Balance updates in 2026

Balance is enhancing some of its benefits for 2026 to help you live a healthier lifestyle and enjoy greater value with enhanced rewards.

Earning points in 2026

Points for physical activity

- You will be able to earn up to 35 000 points a year for being active. Up to 25 000 points can be earned for participating in fitness activities, and a further up to 10 000 points can be earned based on your Cardio Fitness Level. This means that we are adding an extra 5 000 points to how much you can earn for being physically active over the year.
- If you record VO2 max readings from your wearable device, you will no longer be able to earn points from a Fitness Assessment alone. If you choose to do a Fitness Assessment it will now count as 1 out of 5 readings towards your Cardio Fitness Level.

Points for screenings and vaccinations

- Balance members 60 years or older will earn up to 1 000 points for a glaucoma screening, a vision test, or a vision test including glaucoma screening.
- All Balance members from the age of six months will earn 1 000 points once a year for a flu vaccine. Flu vaccine bonus points will no longer be awarded.

Completing assessments to maximise rewards

In 2026, we are standardising the rewards structure across all benefits. To align with the HealthyFood and HealthyCare benefits, rewards will increase from 5% to 15% when you complete both a Vitality Age assessment and Personal Health Assessment. Every member on the policy will be responsible for completing their own assessments.

HealthyFood and HealthyCare

Update to how we calculate rewards

- To qualify for HealthyFood and HealthyCare rewards, each member on your membership must spend more than R200 at Checkers, Checkers Sixty60, Woolworths, Woolies App, Dash and Online, Clicks or Dis-Chem, either online or in-store.
- HealthyFood and HealthyCare rewards will be calculated in the order you make your qualifying purchases. This replaces the current rule, which calculates rewards based on the main member's spend first, then spouse, adult dependants and child dependants over the age of 18.

HealthyCare catalogue updates

- From January 2026, as part of our ongoing catalogue refinement and relevance process, Schedule 1 and 2 medications will no longer be included in the HealthyCare catalogue. In addition, you will no longer be able to get discounts on fitness gear and devices from Dis-

Chem through the HealthyCare benefit. Use the Active Gear benefit to enjoy discounts on these items at Sportsmans Warehouse and TotalSports.

Late transactions

- Occasionally members need to manually submit HealthyFood or HealthyCare transactions to query their rewards. In 2026, you will have a maximum of three months to submit these transactions to receive your rewards. This is only necessary when there is a reason for the transaction not coming through to us automatically. You do not need to submit till slips if you do not have a query.
- We will only consider transactions submitted from partners within three months of the spend date. Backdated or late transactions greater than three months will no longer qualify for rewards.

Dis-Chem Better Rewards Cards

- If you've selected Dis-Chem as a HealthyCare partner, you will need to transition to using your new Dis-Chem Better Rewards card in 2026. Dis-Chem will inform its customers when the older loyalty cards will no longer be valid.

Miles

In 2026, Miles remains the most valuable rewards currency, with new partners joining the Miles ecosystem.

In 2026, all HealthyCare rewards will be paid in Miles (rather than store loyalty points). We will keep you updated as to when these changes will take place.

Team Vitality membership rates

Looking for a supportive community of runners and cyclists? Join Team Vitality, South Africa's most rewarding running and cycling club. You can look forward to incredible races, rewards and hospitality. Contributions for 2026 are:

- Team Vitality Running Club: R630
- Team Vitality Cycling Club: R1200
- Team Vitality Combo: R1830

Other rates

Any additional in-programme costs, such as the Vitality Fitness Assessment and Vitality Functional Assessment, will have updated rates available on the website from 1 January 2026.