

Tick these off your to do list to step up and improve your health with **Balance**

As a member of Bankmed, you have access to Balance. **Balance is a wellness programme** designed to **reward you** for taking steps towards a healthier lifestyle, like exercising, eating well and understanding your mental wellbeing. Now, let's get you all started!

REGISTER

01

Go to the **Bankmed website** and use your ID or passport number to get a temporary PIN sent to you. Give consent by accepting the terms and conditions. Enter the PIN sent to you and then select Send.

CREATE YOUR PROFILE

02

When on the **Bankmed website**, it will prompt you to create a username and password. You will need these details to register for Balance. The Balance website is separate to the Bankmed website.

ACTIVATE BALANCE

03

Visit the **Balance website** to register and activate the Balance benefit using your existing Bankmed profile.

BALANCE BENEFITS

04

Now that you have registered for Balance, you can go to the **Balance website** and activate your HealthyFood benefit to get up to 30% back on HealthyFood items.

GET SUPER RATES

05

You get up to 30% off monthly gym fees! Just activate your Gym benefit on the **Balance website**.

GET UP TO 15% BACK

06

Save on all **HealthyCare items at Clicks or Dis Chem**. You can activate your HealthyCare benefit on the **Balance website**.

UP TO 15% UPFRONT DISCOUNT

07

Save on qualifying sports gear and equipment from Sportsman's Warehouse and Totalsports. You can activate your Active Gear benefit on the **Balance website**.

DOWNLOAD THE BANKMED APP

08

Go to your appstore, download the app to activate Active Rewards and earn weekly rewards for getting active. Once you're logged in to the **Bankmed app**, click on Active Rewards to get started.

LINK YOUR FITNESS DEVICES

09

This will enable you to keep track of your physical activity. Please make sure you give the app permissions to link to your fitness device or health app.

ACTIVATE ACTIVE REWARDS

10

Simply complete the health assessment and accept the terms and conditions. The app will prompt you to do this along the app journey.

CONGRATULATIONS! YOU NOW HAVE ACTIVE REWARDS

11

Simply complete the health assessment and accept the terms and conditions. The app will prompt you to do this along the app journey.



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START EARNING WEEKLY REWARDS