



momentum
health

R3 600 reasons to push your limits

Athlete or casual runner, doesn't matter. You can earn up to R1 800 (R3 600 if you are also on Multiply and test in the top two activity tiers) per year in HealthReturns* from Momentum in just a few easy steps. Momentum Health members who undergo a free Health Assessment, comply with prescribed treatment (where applicable) and take part in tracked activity, receive HealthReturn pay-outs from Momentum every quarter! Consult the table below to see how much you could be earning:

Your level of activity	Steps per day on average over a 3-month rolling period	Average monthly Multiply gym visits over a 3-month rolling period	Fitness assessments (valid for 6 months)	Monthly HealthReturns for non-Multiply members	Monthly HealthReturns for Multiply members
Level 5	12 001 +	> 12	Excellent	R150	R300
Level 4	9 001 – 12 000	> 9 to 12	Good	R100	R200
Level 3	6 001 – 9 000	> 6 to 9	Acceptable	R50	R50
Level 2	3 001 – 6 000	> 3 to 6	Fair	R25	R25
Level 1	0 – 3 000	0 - 3	Poor	R0	R0

*Fitness assessments available at Virgin Life Care and Wellness Coaching Network

For more, visit www.momentumhealth.co.za, or SMS duathlon to 32856** and we'll call you.

*Terms and conditions apply

**Standard SMS rates apply