momentum multiply

It's your health.
Know it. *Own it!*



Reasons you'll love Multiply.

Engage Plus

Get fantastic partner rewards

Score up to **80%** from Multiply partners

Get money back in your pocket, with incredible cashbacks and discounts from a wide variety of top brands to help you on your wellness journey.

FlySafair	KLM	Qatar Airways	Lift
up to **25%**			
Virgin active	planet fitness	Woolworths	Pick n Pay
up to **50%**	up to **60%**	up to **15%**	up to **10%**
NuMetro	amazfit	Hi-Tec	Garmin
up to **80%**	up to **50%**	up to **40%**	up to **50%**
Tshepo	Galaxy Boy		
up to **25%**	up to **30%**		
Dis-Chem Better Rewards	Clicks		
5%	up to **10%**		
Get a 5% boost from Multiply on top of your 10% Dis-Chem Better Rewards	+ Double Clicks Clubcard points		

And many more...

Multiply partners may be changed, added, or removed at any time during the year. For the most current list of partners, please visit multiply.co.za.

All information contained in this document was accurate at the time of publication.

Score rewards from day one

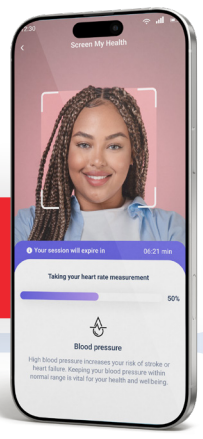
No waiting periods, no chasing points!

Improve your rewards level in just 15 minutes with a quick assessment on the Multiply app.

Know your numbers

A quick assessment on the app gives you a Healthy Heart Score and fitness level.

Become an active participant in your own health journey by knowing your numbers.



Improve your numbers

Build sustainable healthy habits and improve your mental and physical health with

- Active Dayz
- Recharge Dayz
- Wysa, Multiply's mental wellness support
- MultiplyCONNECT

Rewards for building healthy habits

Engage Plus score up to **R390** in partner vouchers per month.

Plato | Wimpy Coffee | Spur Steak Ranches | Nando's | Clicks | momentum group | FOUNDATION

Donate your Wins to make a real difference by supporting charities, communities and people who need it most.

Engage Plus

Engage members stand a chance to be 1 of 10 winners, every month, to score vouchers valued at R500 to spend at the Multiply Mall.

Link your device → Earn an Active Day and hit your weekly goal (One entry) → Earn a Recharge Day and boost your weekly goal (Another entry)

Engage

We help you know your numbers, because if you don't know where your health is today, it's hard to know what to change, what to protect and what to keep building on. Build a better you, one step at a time, consistently, for the life you want to live.

Healthy Heart Score

Fitness level	No Healthy Heart Score	Red	Amber-Red	Amber	Amber-Green	Green
No fitness level	1	2	2	2	2	3
Level 1	1	2	2	2	3	3
Level 2	1	2	2	3	3	3
Level 3	1	2	3	3	3	4
Level 4	1	3	3	3	4	5
Level 5	1	3	3	4	5	5

The healthier you become, the more you'll score!

On **Multiply Engage**, all you need is a Healthy Heart Score to start earning rewards.

On **Multiply Engage Plus**, you start at rewards level 1. Your Healthy Heart Score improves your rewards level, and a fitness level boosts it even more.

3 easy steps to get healthier

Know your health

1. Do the Lifestyle Quiz
2. Do a health and fitness assessment

Do your assessments on the app. Multiply Engage Plus members can get up to 80% back Multiply partners in 15 minutes.

Improve your health

3. Achieve weekly and monthly activity and recharge goals

Get rewarded

Multiply Engage
Up to 45% from Multiply partners

Multiply Engage Plus
Up to 80% from Multiply partners

Plus vouchers for Weekly and Monthly Wins.

When you choose Multiply, you're choosing how YOU show up in the world. Looking after your health starts with everyday steps that are small enough to do, but big enough to matter. **Your *Future You* will thank you!**

Multiply Engage Plus membership fees

Main member	**R199**	Partner/spouse	**R90**
Adult dependant (18 years and older)	**R40**	Child dependant (Under 18 years)	**R15**

Your family composition and payment method will automatically be pulled through from the medical scheme.

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