

**momentum**

*multiply*  
wellness & rewards

# MULTIPLY YOUR **WELLNESS**

PROVIDER MEMBER GUIDE

Increase your safety



Boost your health



Grow your money



# WELCOME

## Save more. Provide more.

It's time to live a life more multiplied. We'll help you get more so that you can give more: to your family, to yourself and to doing the things you love. To us, this is the true state of well-being.

## We will multiply:

Add to your family's education



FINANCIAL  
WELLNESS

**YOUR FINANCIAL WELLNESS:** Use our financial advisers and tools to help you plan and prepare for now and the future.



EDUCATION

**YOUR EDUCATION:** Your children and family, can benefit from our partners, from school uniforms to guidance tools.



PHYSICAL  
HEALTH

**YOUR HEALTH:** We have a range of assessments and partners to help you understand and improve your health.



PHYSICAL  
ACTIVITY

**YOUR PHYSICAL ACTIVITY:** Move. Track. Score. Active Dayz™ from Multiply, rewards you for being active the way you want through technology. So dance, gym or cycle, we've got you.



SAFETY

**YOUR SAFETY:** Assess your safety, that of your family, home and vehicle. Use our tips and discounts from our range of partners to enhance your safety.

# The more points you earn, the better your level and the greater your rewards.

We have made it easy for you to earn points by participating in activities across the four dimensions of wellness.

<p><b>GET FINANCIALLY WELL</b></p>  <p>FINANCIAL WELLNESS</p>	<p><b>GET HEALTHY</b></p>  <p>PHYSICAL HEALTH</p>
<p>Go for an annual review with a financial adviser <b>Earn 150 points</b></p>	<p>Know your Healthy Heart Score <b>Earn up to 60 points</b></p>
<p>Confirm your cover with a financial adviser and get more with Momentum cover <b>Earn up to 100 points</b></p>	<p>Go for medical assessments <b>Earn up to 30 points</b></p>
<p>Complete the financial wellness questionnaire online <b>Earn 40 points</b></p>	<p>Complete the physical health questionnaire online <b>Earn 10 points</b></p>
<p><b>GET ACTIVE</b></p>  <p>PHYSICAL ACTIVITY</p>	<p><b>BE SAFE</b></p>  <p>SAFETY</p>
<p>Complete the physical activity questionnaire online <b>Earn 10 points</b></p>	<p>Complete the Safety Score questionnaire online <b>Earn 10 points</b></p>
<p>Have an Active Day or go for a fitness assessment <b>Earn up to 90 points</b></p>	



Level 1  
0



Level 2  
150



Level 3  
300

Get to Level 2 in just ONE week

YOUR FIRST  
CHALLENGE

- Go for an annual review with a financial advisor. **150 points**
- Confirm your cover in one category and have one Momentum product. **20 points**

### Register Online



- Go to [www.momentum.co.za](http://www.momentum.co.za)
- Hit the **register** tab.
- Create an account as a client.
- Complete your online profile and choose a username and password.
- You will get an activation e-mail at the address supplied.
- Keep your username and password in a safe place.
- Click on the Multiply tab to access our wellness tools



### Activate your PnP benefit

You need to belong to Multiply and Pick n Pay Smart Shopper to qualify. You can activate by doing one of these things:

1



Call 0861 88 66 00 with your Pick n Pay Smart Shopper number.

2



SMS the word '**PnP**', your **ID number** and your **Smart Shopper number** to **47214**. Example: PnP, 7712345678945, 1234567891234567.

3



Login at [www.momentum.co.za/multiply](http://www.momentum.co.za/multiply). Click on the Multiply tab, click on Partner Rewards and click on PnP under the Food and Clothing tab.

4



Make sure you swipe your PnP Smart Shopper and Multiply cards to multiply your Smart Shopper points.



### Activate your Dis-Chem benefit

- Go to the service desk at your nearest Dis-Chem store with your ID, Multiply client number or membership card.
- Receive your new Multiply and Dis-Chem benefit card.
- Start swiping to earn points.

### Start shopping

at the Multiply Online Shop



- Login to [www.momentum.co.za](http://www.momentum.co.za)
- Click on Multiply.
- Click on the Online Shop.
- Start shopping or get vouchers for Edgars, Jet, takealot.com, The Pro Shop, Cycle Lab and more.

### Get calling

for your deals at the Travel Desk



- Call 0861 100 155 or e-mail [traveldeskmultiply.co.za](mailto:traveldeskmultiply.co.za)
- Quote your membership number.
- Get your quote.

# Life's more rewarding with discounts and benefits from **over 60 partners.**

Live well, eat well.

## Food and clothing

**Pick n Pay**

Multiply your Smart Shopper points up to 4x

**Edgars**

Up to 25% off gift cards

**Dis-Chem PHARMACIES**  
Pharmacists who care

Up to 10% back in Dis-Chem points

Have more fun.

## Entertainment

**NuMetro**  
It's your scene

Movies for as little as R27

**ticketpro**

15% off ODI games

Boost your learning.

## Education

**STUDENTS**  
by DISC

Up to 50% off

**Online Career Guidance**

Only R150, thereafter only R75 per child

**CNA**  
your world inspired

Up to 25% off gift cards

Get moving.

## Fitness and sport

**ACTIVE**

10% off

**PRO SHOP**  
Sport & more gear

5% off vouchers

**CYCLE LAB**

5% off vouchers

Take care of the family.

## Lifestyle and Safety

**AVBOB**  
We're here for you  
Since 1919

50% off

**Maxidor**  
SELF DEFENCE IS YOUR SECURITY

22,5% off

Enjoy a healthier life.

## Healthy living

**eat FOR LIFE**  
Now by Registered Dietitians

30% off

**SMOKENDERS**  
FREE FOR LIFE

25% off

**health24**  
Live a great life.

Free articles

Enjoy new places.

## Travel

**mango**

Up to 15% off

**AVIS**

Up to 15% off

**INTERCAPE**  
Safe • Dependable • Affordable

Up to 25% off

Shop for gadgets.

## Online shopping

**Canon**

10% off

**SAMSUNG**

5% off

**takealot** costs  
GREAT STUFF @ GREAT PRICES

5% off vouchers

**EDUCATION360°**

This fantastic benefit that's all around education is FREE to all our members. EDUCATION360° is our accessible online platform that will impact education. It's the go-to place for parents, students, learners, teachers, professors and more. Use the School Tool; connect with other educators, parents or contributors; download exam papers, worksheets and more. Visit [www.education3sixty.co.za](http://www.education3sixty.co.za)

Go online to see our full list of partners.

GET IN TOUCH

Contact your financial adviser to find out more about Multiply's partners and incredible rewards, call **0861 88 66 00** or visit [www.momentum.co.za/multiply](http://www.momentum.co.za/multiply)

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