

momentum

*multiply*



Eat  
Sleep  
Move  
Breathe  
Connect


Multiply **Engage Plus** 2023




# The value of good health is priceless

Small wins equal big rewards!


Multiply Engage Plus guides and rewards you to live a healthier life. Take charge of your choices on your health journey and get rewarded for becoming a better version of yourself.




Know your health



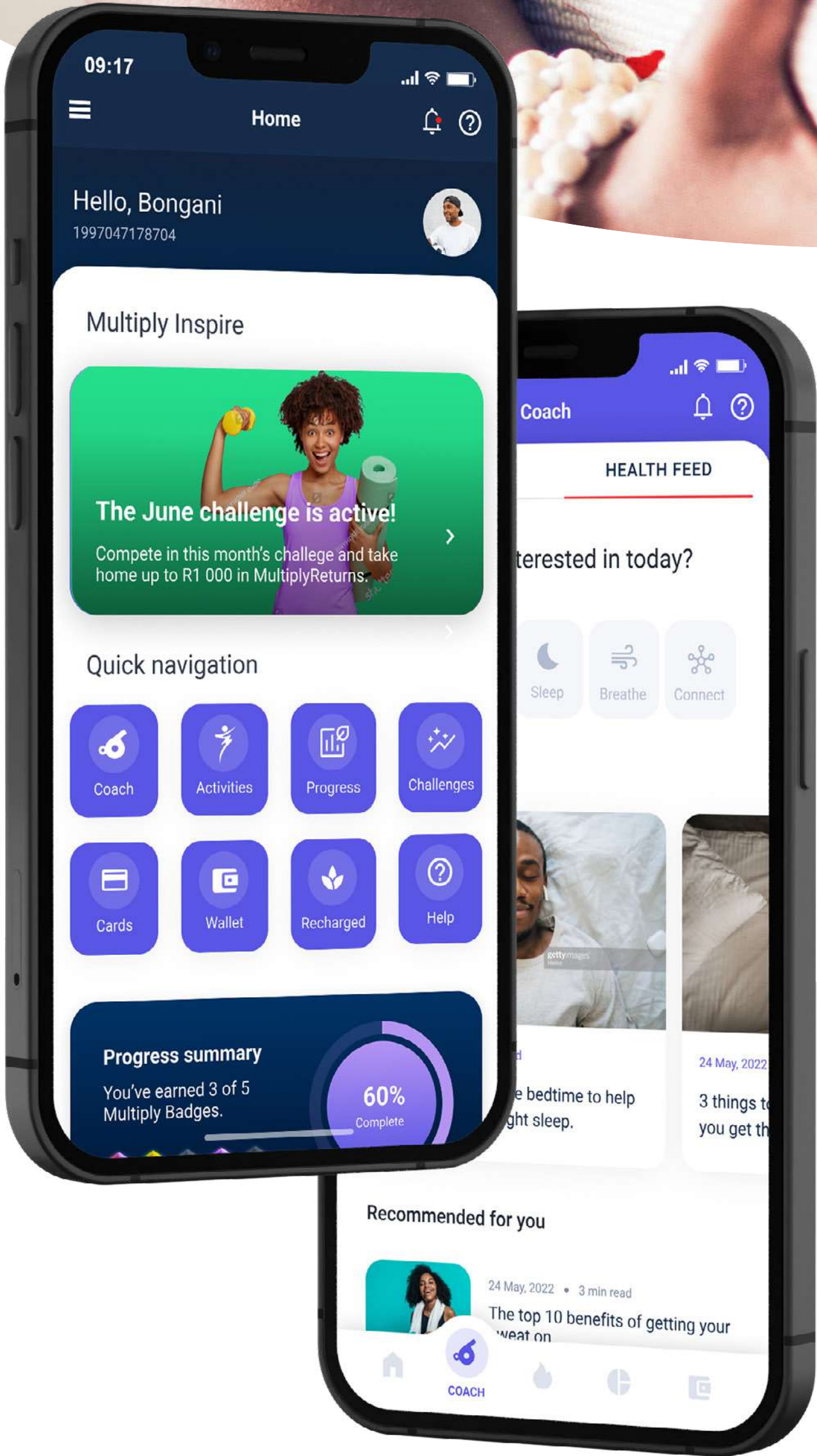
Know what to do



Make better choices



Get rewarded



We know that healthy living is hard sometimes – **where do you even start?**

We meet you where you are on your journey and help you achieve your best health. Your wellness is our goal, so we'll encourage and reward you with great partner discounts and cashbacks for making healthier choices and for looking after your wellbeing. Plus, have fun while getting healthy!

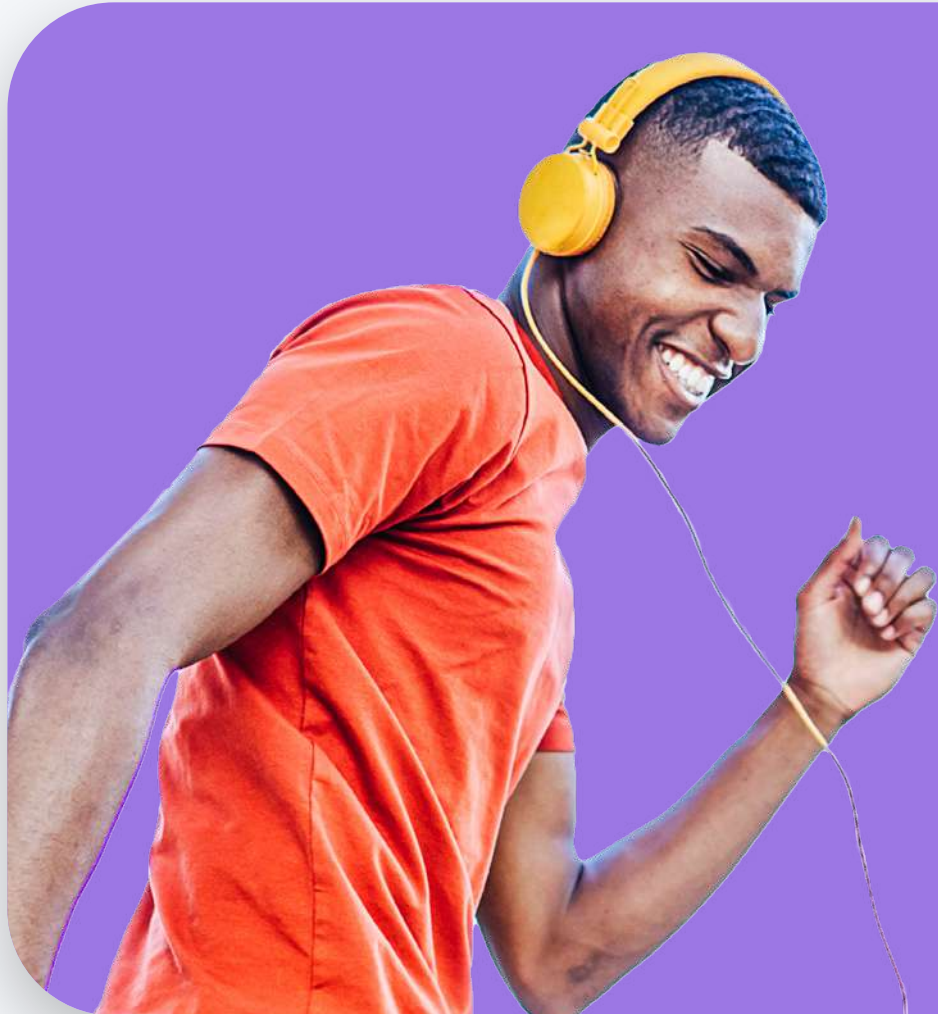
Earn rewards from day one.  
**Download the Momentum Multiply app**






# Know your health

Knowing how healthy you are, is the first step to a **healthier body and mind**.




### Lifestyle Quiz

Tell us about yourself and get personalised recommendations on how to maintain or improve your health. We'll ask you questions about how you eat, sleep, move, breathe and connect.



### Health assessment

A health assessment shows you how healthy your heart is and gives you a Healthy Heart Score. Book a health assessment on the app.



### Fitness assessment

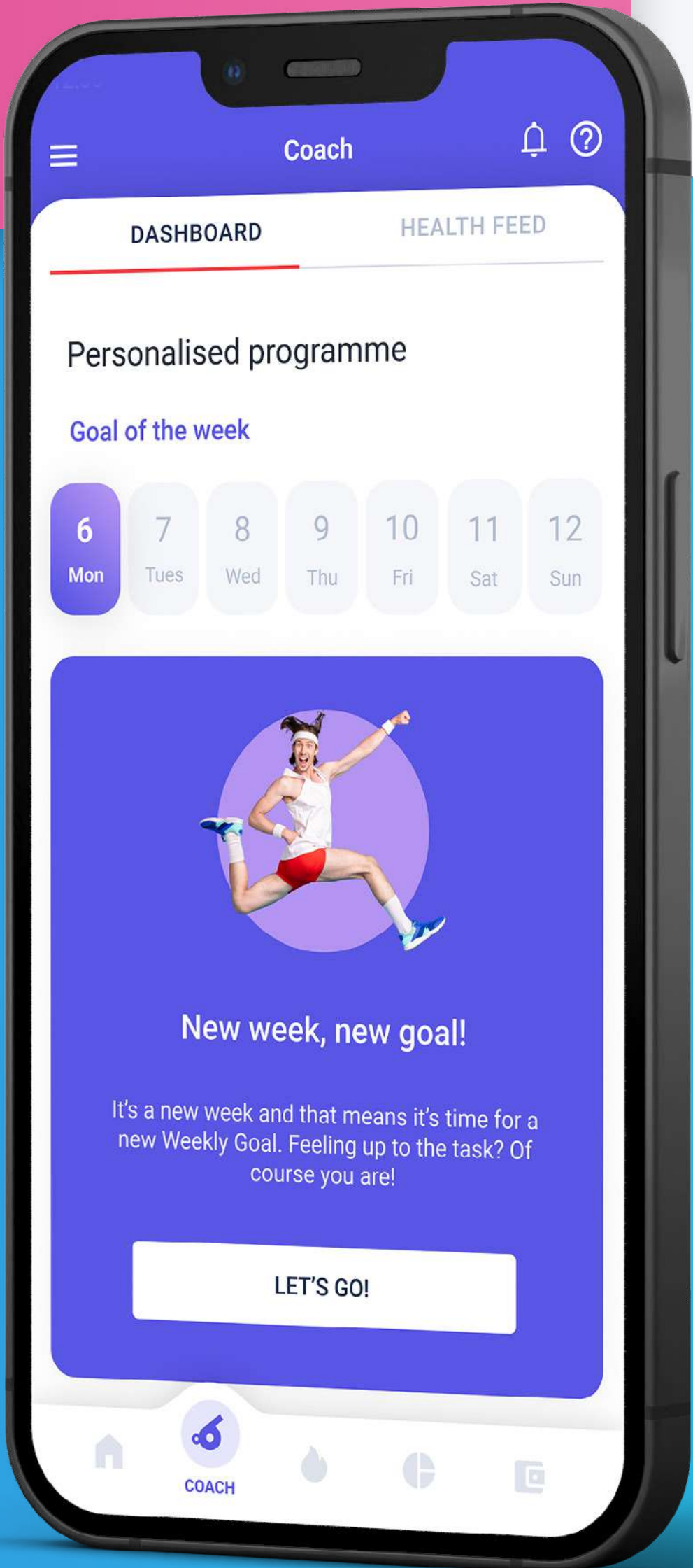
Do an online or in-person fitness assessment with a Multiply affiliated health professional and know your fitness level.

# Know what to do

What's next? Get some advice from the digital coach.

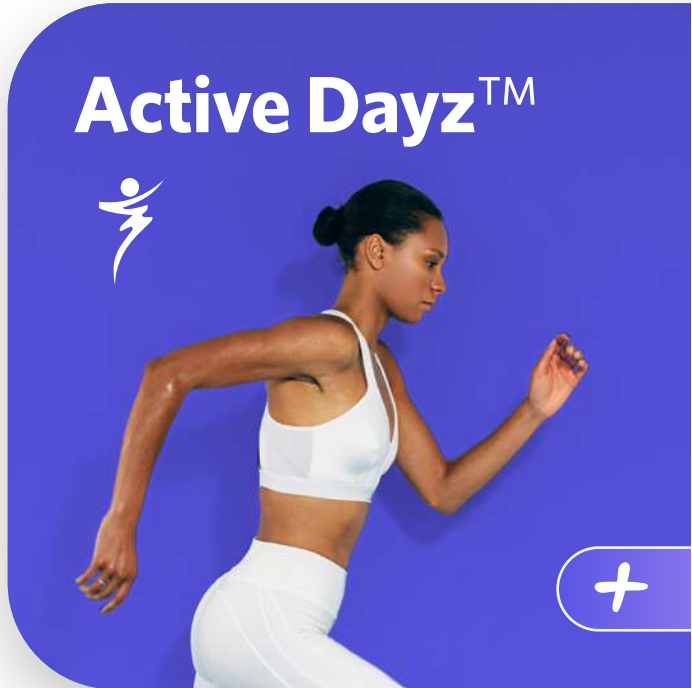
The Multiply Digital Coach is a tool that supports you to make better lifestyle choices to help you improve your overall wellbeing.

Once you've done the Lifestyle Quiz and understand what areas you need to prioritise, use the digital coach tool to get simple tips to help you improve your overall health.





# Make better choices



## Movement is important for your overall health.

So, burn 300 calories in a workout or take 10 000 steps a day and earn Active Dayz. Track your activity with any of the compatible fitness devices or apps on your smartphone.



## Find out if you're mentally and physically ready to face the day.

A scan with the app tells you how ready you are to face the day. If you get a good Recharge Score, you'll earn Recharge Dayz.

# Small everyday efforts lead to big long-term health wins.

Achieve your weekly activity goal and score a treat. Add a good Recharge Score and earn another treat.

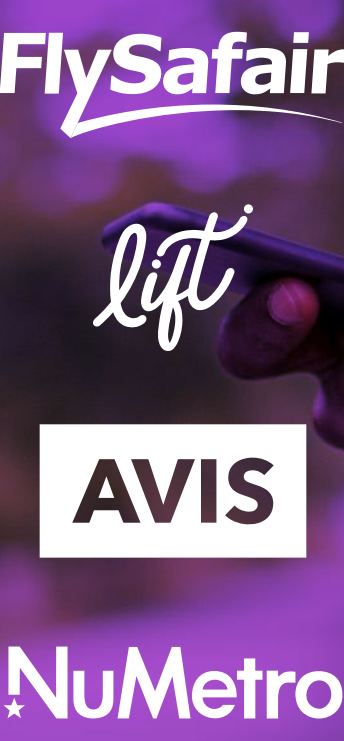


# Score great savings with discounts and cashbacks from our partners

### Health & lifestyle



### Travel & entertainment



### Sports & fitness

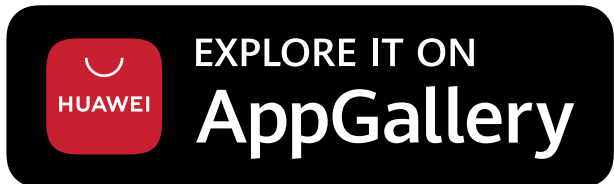


And more!



# Start your wellness journey today

Download the Momentum Multiply app



A partner on your journey to health and wellness.

Multiply  
Engage

Multiply  
Engage +

FREE

R175<sub>pm</sub>

### KNOW YOUR HEALTH

|                                       |   |   |
|---------------------------------------|---|---|
| Lifestyle Quiz                        | ✓ | ✓ |
| Multiply Digital Coach tool           | ✓ | ✓ |
| Digital health assessment             | ✓ | ✓ |
| Health assessment booking on the app  | ✓ | ✓ |
| Fitness assessment booking on the app | ✓ | ✓ |

### IMPROVE YOUR HEALTH

|               |   |   |
|---------------|---|---|
| Active Dayz   | ✗ | ✓ |
| Recharge Dayz | ✗ | ✓ |
| Weekly Wins   | ✗ | ✓ |

### GET REWARDED

|   |                     |                |
|---|---------------------|----------------|
| Health assessment for higher rewards level  | ✗ Basic level       | ✓ Level 1-5    |
| Fitness assessment for higher rewards level | ✗ Basic level       | ✓ Level 1-5    |
| Partner discounts                           | ✓ Selected Partners | ✓ All Partners |
| Partner cashbacks                           | ✗                   | ✓              |
| Digital wallet                              | ✗                   | ✓              |

#### Multiply Engage Plus fees

Main member: R175 | Partner/spouse: R80 |Adult dependant (18 years and older): R35  
Child dependant (7-17): R20 | Child dependant (under 7): Free

## Chat with us

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