

momentum
multiply



**High five
to healthy
living**

Multiply Engage

2025

There's a **REWARD** for **EVERY BODY!**

Get moving, connect with others, recharge, and manage stress.

Know
your health



Improve
your health



Get
rewarded



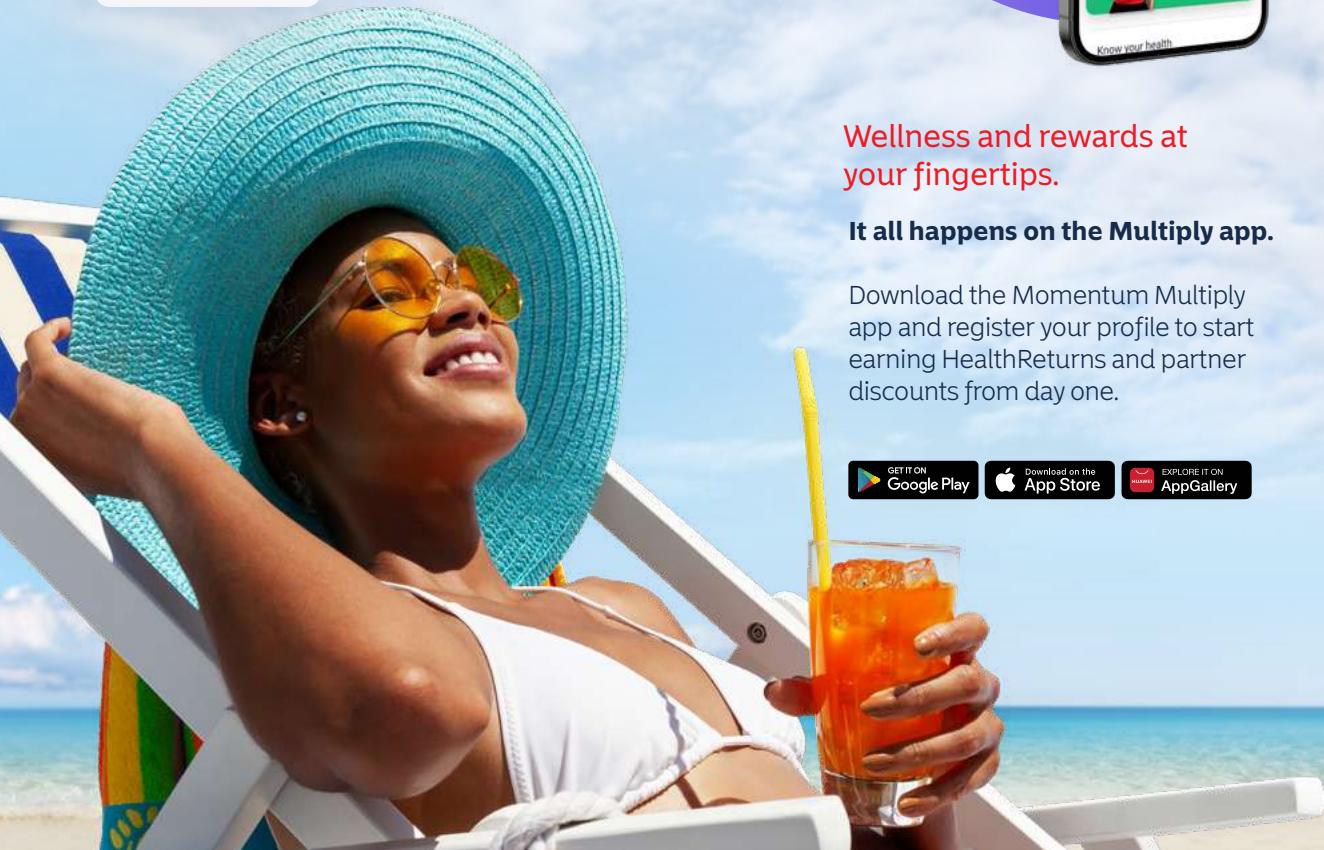
Take control of your health while having fun and earn rewards for every step you take towards a healthier, more fulfilling life.



Wellness and rewards at your fingertips.

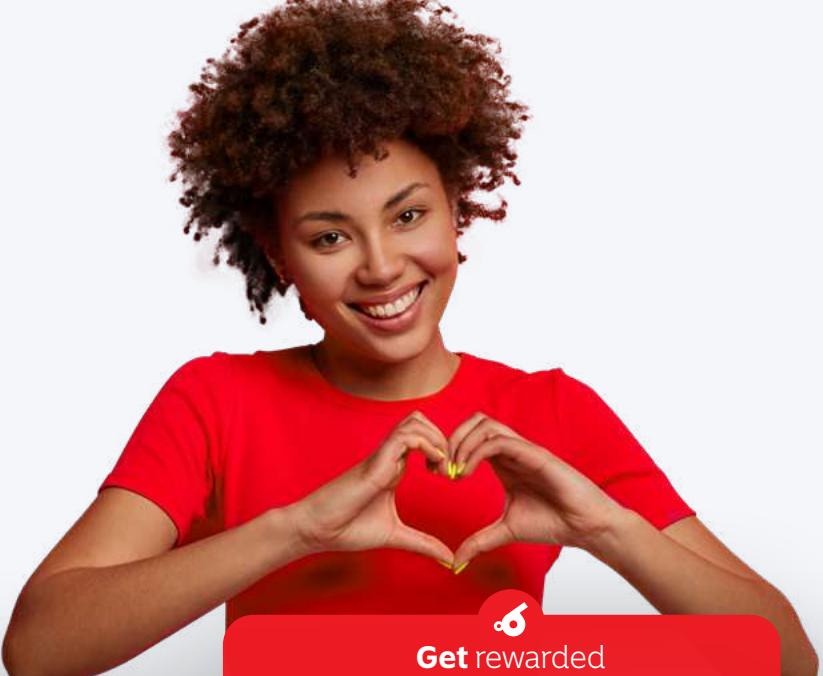
It all happens on the Multiply app.

Download the Momentum Multiply app and register your profile to start earning HealthReturns and partner discounts from day one.



Kickstarting the road to health and wellness

Do these activities to know
and improve your health,
and get rewarded.



Know your health



Do your health and
fitness assessment
on the app and
**earn up to 60% in
partner rewards**

Do the
Lifestyle Quiz



Do a health and
fitness assessment



Improve your health



Achieve weekly
activity and
recharge goals



Get rewarded

Multiply partner rewards

Multiply Engage

up to
30%

Multiply Engage Plus

Get a
rewards level
and score up to
60%

Weekly Wins

Multiply Engage

No
benefit

Multiply Engage Plus

up to
R50
in vouchers

Know your health

Staying informed means staying on top of your health. Knowing how healthy you are is the first step.



Health assessment



Complete your health assessment, know how healthy you are, and get your Healthy Heart Score.



Fitness assessment

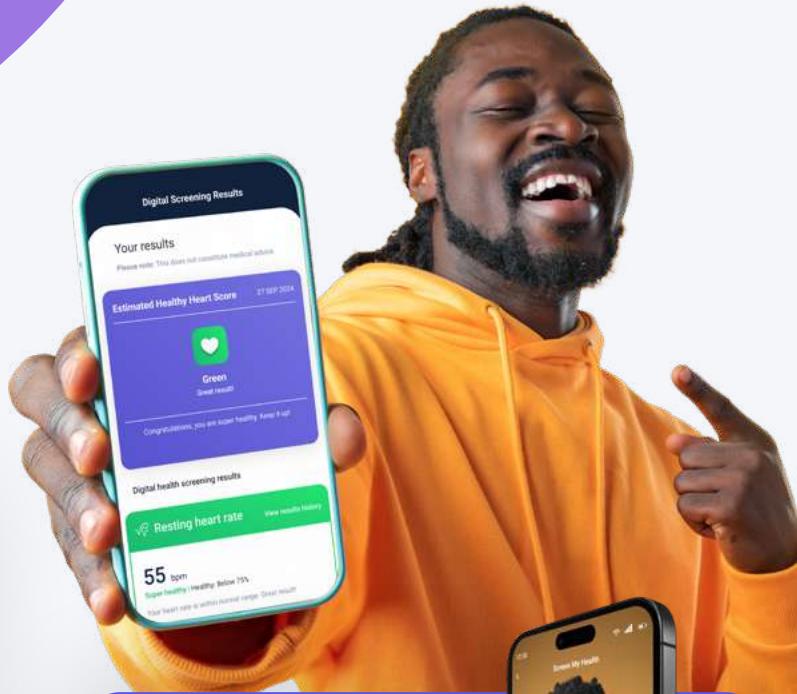


Being fit and healthy enhances your mental and physical health. Do your fitness assessment and get a fitness level.

Rewards level



Your Healthy Heart Score and fitness level determines your rewards level on Multiply Engage Plus.



Doing your health and fitness assessment is now even easier!



Log in to the Multiply app and do your annual **FREE digital health and fitness assessment** through a facial scan and step test in the comfort of your own home.

You'll get a Healthy Heart Score and a fitness level that will give you a rewards level valid for 12 months.

Improve your health

Take practical steps to improve your overall wellbeing. With tools, features and support, Multiply is here to help you every step of the way.



Improve the way you eat, sleep, move, breathe and connect.

The Digital Coach on the Multiply app gives you daily personalised tips on how to improve and maintain your overall health and wellbeing.



Your everyday wellness coach

Wysa is your anonymous wellbeing AI coach available to help you build mental resilience. It's non-judgmental, private, easy to use and available 24/7.



Wysa gives you tools to help you:

Manage anxiety

Sleep better

Get energy

Inspire yourself

Manage anger

Build confidence

Beat stress

Be mindful

You get access to Wysa through the Digital Coach on the Multiply app.

Recovery is just as important as activity.

Multiply Engage Plus

Log in to the Multiply app



Link your fitness device

Active Dayz

Earn Active Dayz by taking **10 000 steps** a day or burning a total of **300 qualifying calories** during the day.



Scan your finger

Recharge Dayz

Do a simple finger scan with your smartphone's camera, get a good score, and earn Recharge Dayz.

1 Sync your fitness device every day

2 Achieve your goal

3 Get rewarded

Get rewarded for achieving your goals

Weekly Wins

Achieve a weekly activity goal and get a voucher.

Double your Weekly Wins

Achieve your activity goals plus your recharge goals and get another voucher.



Dis-Chem
PHARMACIES

WIMPY

Donate your Wins
momentum
group | FOUNDATION

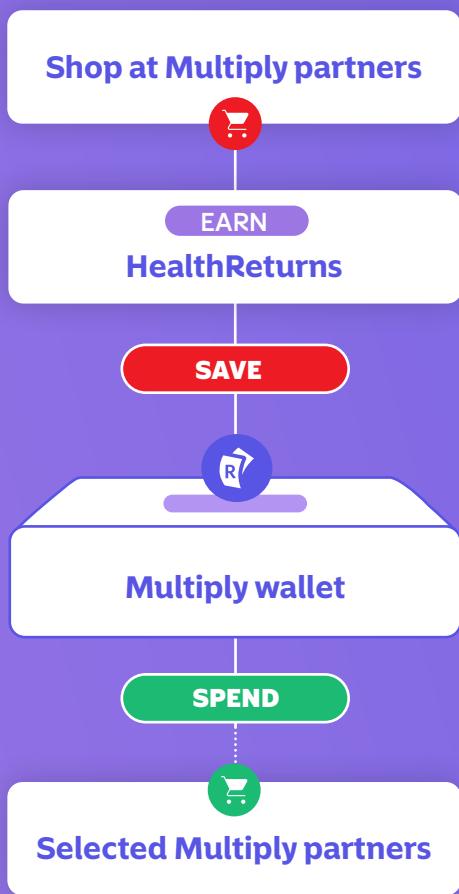
And more...



Get Rewarded

Get rewarded for knowing your health.

Each adult member on Multiply Engage and Engage Plus earns rewards, which means rewards for the whole family!



Your Healthy Heart Score and fitness level add will determine your rewards level on Multiply Engage Plus.

Healthy Heart Score

		Red	Amber-Red	Amber	Amber-Green	Green
Fitness level	No Fitness level	1	1	1	2	2
	LEVEL 1	1	1	2	2	3
	LEVEL 2	1	2	2	3	3
	LEVEL 3	2	2	3	3	4
	LEVEL 4	2	3	3	4	5
	LEVEL 5	3	3	4	5	5

You need a qualifying Healthy Heart Score to earn HealthReturns. A qualifying Healthy Heart Score from a digital health and fitness assessment refers to a Green or Amber-Green Healthy Heart Score. If you get an Amber, Amber-Red and Red score, we'll ask you to go for an in-person health assessment.

Partner rewards from day one

	Multiply Engage	Multiply Engage Plus
	Base level	Rewards level 1-5
Dis-Chem PHARMACIES	2%	4%-12%
CLIXS+	-	2%-10%
Checkers	3%	4%-12%
SHOPRITE	3%	4%-12%
Pick n Pay	-	2%-10%
WOOLWORTHS	3%	4%-12%
makro	3%	5%-15%
db DINNERBOX	10%	12%-20%
we are FOOD	10%	12%-20%
TAILORBLEND <small>CUSTOM NUTRITION MADE EASY</small>	10%	15%-25%
NuMetro	30%	40% - 60%
	2D & 3D movies	

Pack your bags for your next adventure!





Up to 30% back in
HealthReturns on
sports apparel.

Score HealthReturns and discounts
from big brands.

Multiply Engage	Multiply Engage Plus	
Base level	Rewards level 1-5	
5%	7,5%-40%	GARMIN
10%	20%-50%	planetfitness find your balance
10%	20%-40%	Virgin active
7,5%	10%-30%	bounti time to BOUNCE BACK
-	5%-20%	Multiply Padel Booked through
20%	20%	hello coach
10%	12,5%-30%	puma
10%	15%-30%	SPORTSA www.sportsa.co.za
3%	5%-15%	Tiger Wheel&Tyre

Join the
MultiplyCONNECT
Facebook community
and be inspired, get
expert tips and share
your journey to health
and wellness.

 Find us on
Facebook



**Start
earning
today!**

**Multiply
Engage
FREE**
Up to 30% from
Multiply partners

**Multiply
Engage Plus**

R187

Up to 60% from
Multiply partners
in HealthReturns.
PLUS, get rewarded
for achieving your
Weekly Wins.

 Main member

R187

 Partner/spouse

R85

 Adult dependant
(18 years and older)

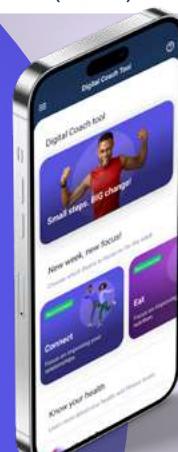
R38

 Child dependant
(7-17)

R22

 Child dependant
(Under 7)

Free



Download the
Momentum
Multiply app
to get started.

 Download on the
App Store

 GET IT ON
Google Play

 EXPLORE IT ON
AppGallery

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