

A close-up, low-angle shot of a smiling Black man with a short beard, wearing large black over-ear headphones and round gold-rimmed glasses. He is leaning against a brick wall, and the background is a warm, orange-toned sky. The overall mood is positive and energetic.

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



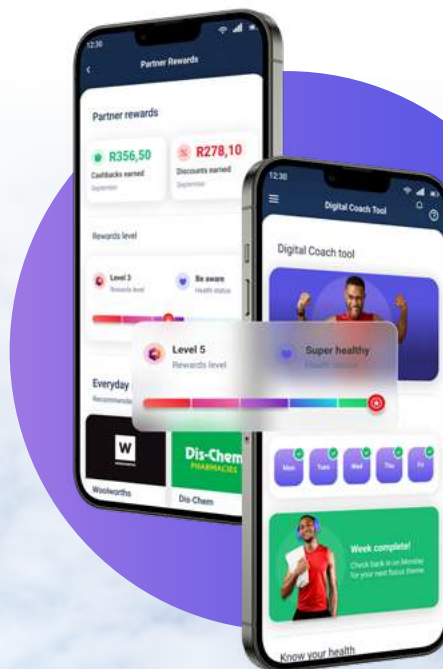
Improve
your health



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.

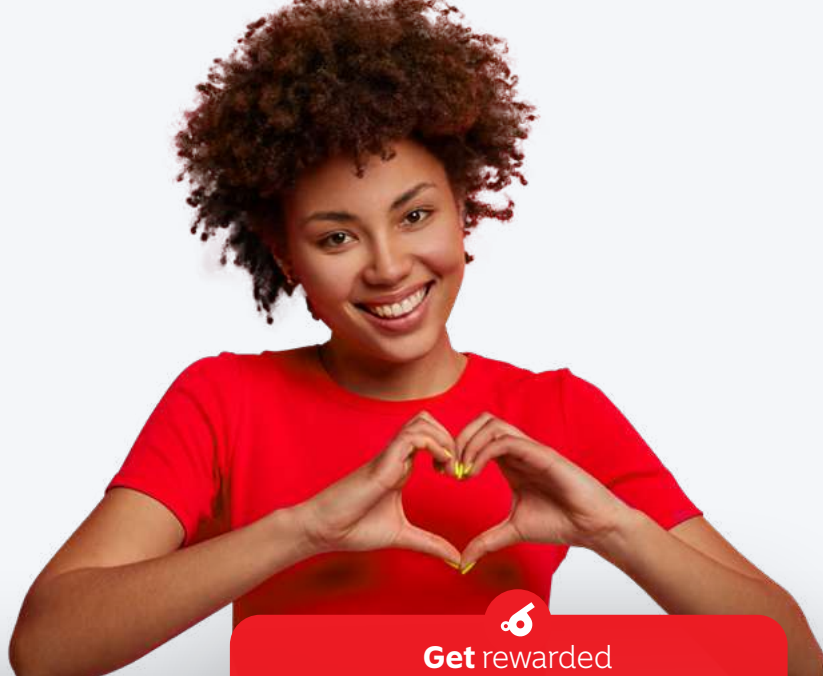
It all happens on the Multiply app.

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

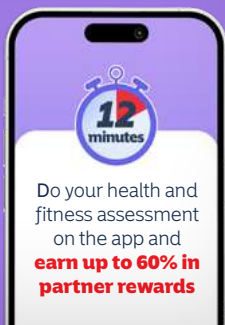


Kickstarting the road to health and wellness

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



Know your health



Do the
Lifestyle Quiz



Do a health and
fitness assessment



Achieve weekly
activity and
recharge goals

Improve your health


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

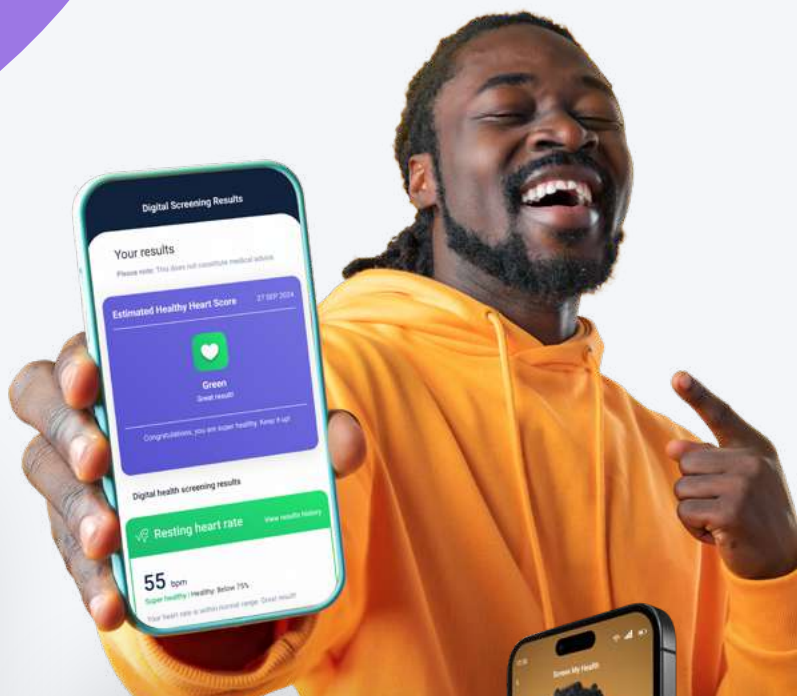


Being fit and healthy
enhances your mental
and physical health.
Do your fitness
assessment and get
a fitness level.

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.

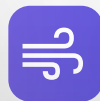
Improve your health

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

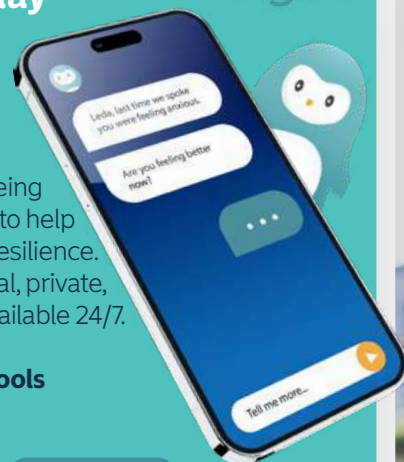
Manage anger

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



Donate your Wins
momentum
group | FOUNDATION

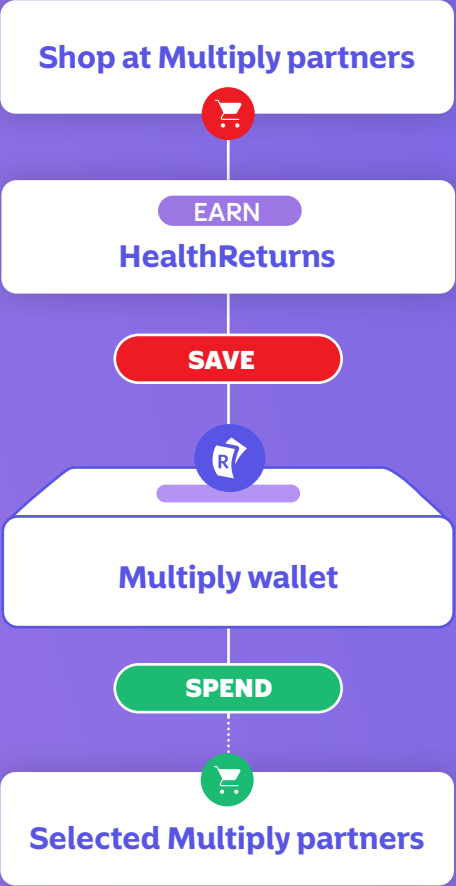
And more...



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
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 Base level	Multiply Engage Plus Rewards level 1-5
Dis-Chem PHARMACIES	2%	4%-12%
CLICKS+	-	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 CUSTOM NUTRITION MADE EASY	10%	15%-25%
NuMetro	30% 2D & 3D movies	40% - 60%

Pack your bags
for your next
adventure!



up to **25%**



up to **30%**



up to **25%**



up to **40%**



up to **40%**



up to **30%**



up to **40%**



up to **20%**



up to **20%**

...and more





Up to 30% back in
HealthReturns on
sports apparel.

Score HealthReturns and discounts
from big brands.

Multiply Engage Base level	Multiply Engage Plus Rewards level 1-5	
5%	7,5%-40%	
10%	20%-50%	
10%	20%-40%	
7,5%	10%-30%	
-	5%-20%	
20%	20%	
10%	12,5%-30%	
10%	15%-30%	
3%	5%-15%	

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



**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**

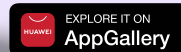
 Adult dependant
(18 years and older) **R38**

 Child dependant
(7-17) **R22**









 Child dependant
(Under 7) **Free**



**Download the
Momentum
Multiply app
to get started.**



Chat with us

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 -  multiply@momentum.co.za
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