

## Terms and conditions for the Vitality Cardio Fitness Social Media competition

1. The promoters of the competition are Discovery Vitality (Pty) Ltd ("Vitality") and Garmin Southern Africa (Pty) Ltd (Garmin).
2. The competition will run from **15 August – 12 September 2024**, with a deadline for entry at midnight on 12 September 2024.
3. The competition is open to qualifying Discovery Vitality Health and Vitality Active members.
4. Entrants need to be the main member, spouse, adult dependants, or child dependants over the age of 18 (eighteen) years on the Vitality policy.
5. This competition is exclusive to the Vitality Facebook and X page and participants need to comment on the competition post and use #VitalityGoodIsGreat to stand a chance to win.
6. To participate in the competition and stand a chance to win one of five Garmin Fitness Devices, participants need to:
  - 6.1 Comment on the Vitality Facebook page or X post telling us how they are committing to improve their VO2 max or cardio fitness. Their comment and use of the hashtag #VitalityGoodIsGreat on the Vitality Facebook or X post between **15 August – 12 September 2024** will enter them into the competition. The comment and use of the hashtag are mandatory for the entry to be considered. Failure to include the comment and hashtag will render the participant ineligible for the competition.
  - 6.2 Any activities done before or after the above-mentioned dates will not be considered.
  - 6.3 Each participant is entitled to one entry for the prize draw, regardless of the number of comments they have made or if they have commented on both the Vitality Facebook and X posts.
7. After the closing date, all eligible participants will be entered into the random draw where one winner will be chosen.
  - 7.1 The prize winners will be drawn randomly from the qualifying entries by Vitality. The winner will receive a Facebook or X message from 13 September 2024 requesting their contact information to receive the prize. If the selected winner does not provide their details within 24 hours, an alternative winner will be chosen.
  - 7.2 The Garmin fitness device prize will be a model that has the capability to measure VO2 max.
  - 7.3 The Garmin fitness device prize will be a Forerunner 165 (valued at R6,499). Winners can select the colour preference subject to availability.
  - 7.4 The winner's selection shall be done in accordance with the applicable audit processes.





8. The participants may be requested to appear and be identified on the Vitality social media pages at no fee to them. The awarded participants can decline the option of appearing or being mentioned on the Vitality social media pages and will not forfeit the prize.
9. The prize cannot be exchanged or transferred.
10. Any violation or attempt to violate any of the rules will result in immediate disqualification of the transgressor.
11. We reserve the right to revise, alter or terminate the competition at any time subject to notice. In such event, all entrants hereby waive any rights which they may have against Vitality and acknowledge that they will have no recourse or claim of any nature against Vitality or any entity of the Discovery Group of companies.
12. If required as a result of legislation or other legal reasons, the promoters reserve the right to terminate this competition immediately. In the event of such termination, all participants agree to waive any rights that they may have in terms of this offer and acknowledge that they will have no recourse against the promoters or their agents.
13. If for any reason, there is a conflict between rules in these terms and conditions and the information published on any promotional material, these terms and conditions will apply at all times.
14. Participants in this promotion understand and agree that to participate in the promotion, the promoters must collect and use personal information about participants. This promotion falls under the terms of the applicable privacy statement and is done in accordance with the provisions of the Protection of Personal Information Act 4 of 2013. You may write to us at [privacy@discovery.co.za](mailto:privacy@discovery.co.za) should you have any questions or concerns regarding how we will use your personal information.
15. The promoters do not take any responsibility and shall not be held liable for any loss, injury or damage of any nature caused as a result of the participants who use the above-mentioned prize.
16. Employees of Vitality, Discovery Group and Garmin are not eligible to enter this competition; this includes individuals who are directors, partners, employees, agents of, or consultants to the Promoters or any of the Discovery Group of companies or any other similarly connected individual.

17. In instances where we establish that the participant commits fraud or miscommunicates any information, we reserve the right to cancel the prize with immediate effect, and any referral prize, subject to the particular fraudulent conduct or miscommunication, will not be payable.
18. Any error or omission that may occur on any material issued by Discovery relating to the competition or prize is subject to correction by Discovery without liability.
19. By entering this competition, participants agree to the terms and conditions set out in this document, [the Vitality Main Rules](#) and the [Privacy statement](#).

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