



momentum
multiply

High five to healthy living

Multiply Inspire

2025

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

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

Know
your health



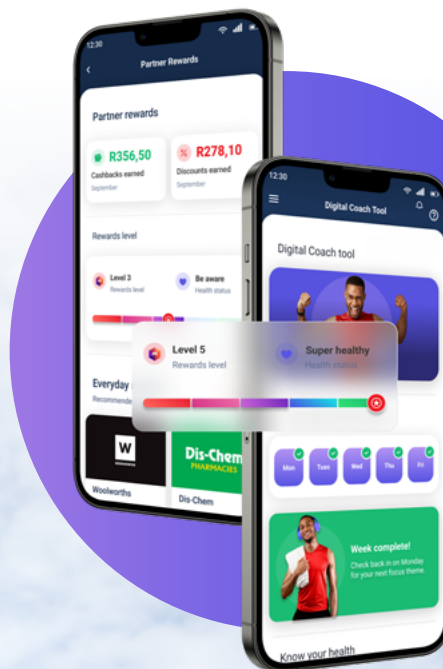
Improve
your health



Get
rewarded



Take control of
your health while
having fun and earn
HealthReturns of up to
R1 000 for every step
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 health activities and earn up to R1 000 in HealthReturns

Know your health

Do the Lifestyle Quiz



Do a health and fitness assessment

HealthReturns



Improve your health

Achieve weekly and monthly activity and recharge goals

HealthReturns



Take part in leaderboard challenges

HealthReturns



Get rewarded

up to **R250**
Multiply Inspire

up to **R1 000**
Multiply Inspire Plus

The healthier you are, the more you score!

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

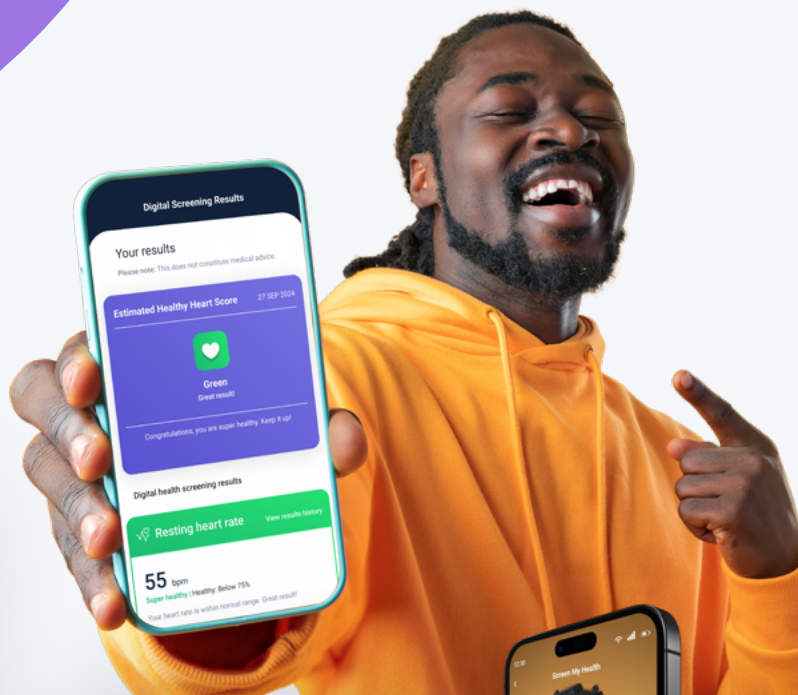


Being fit and healthy
enhances your mental
and physical health.
Do your fitness
assessment and get
a fitness level.

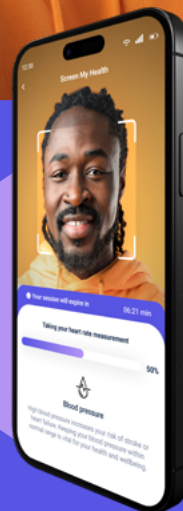
Rewards level



Your Healthy Heart Score and fitness level
determines your rewards level on Multiply
Inspire 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. **PLUS you get rewarded
immediately.**

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

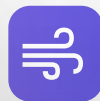
Improve your health

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.

Log in to the Multiply app



Link your
fitness app
or device



Active Dayz

Earn Active Dayz by taking
10 000 steps a day or burning
a total of **300 activity 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
rewarded.

Monthly Wins

Do this 4 weeks
in a row and earn
Monthly Wins.

Double your rewards

Achieve your activity goals plus your
recharge goals and double your Weekly
and Monthly Wins.

Take part in leaderboard challenges

Take part in leaderboard challenges and earn
extra HealthReturns. Reach the top of the
leaderboard and WIN!



Reach Gold and earn up to R300
in HealthReturns per month on
Multiply Inspire Plus.



Dis-Chem
PHARMACIES

BOUNCE
FREE-JUMPING REVOLUTION

COLCACCHIO

SweepSouth

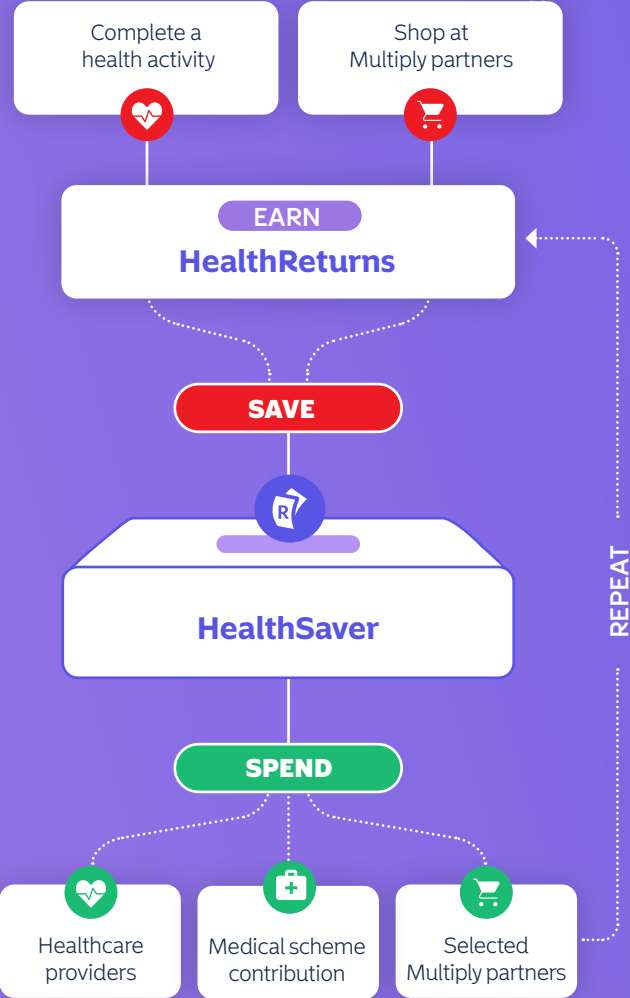
Donate your Wins
momentum
group | FOUNDATION

And more...



Get Rewarded

Get rewarded for knowing your health.



Score HealthReturns from day one for every step you take to know and improve your health.

	Multiply Inspire	Multiply Inspire Plus
Health and fitness assessment	Up to R50	Up to R150
Weekly Wins	Up to R80	Up to R320
Monthly Wins	Up to R40	Up to R230
Leaderboard challenges	Up to R80	Up to R300
Total per month	Up to R250	Up to R1 000

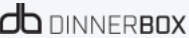
Each adult member on Multiply Inspire and Inspire Plus earns rewards, which means rewards for the whole family!

Healthy Heart Score

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

You need a qualifying Healthy Heart Score to unlock HealthReturns for Weekly Wins, Monthly Wins and leaderboard challenges. 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 Inspire Base level	Multiply Inspire Plus Rewards level 1-5
	2%	4%-12%
	-	2%-10%
	3%	4%-12%
	3%	4%-12%
	-	2%-10%
	3%	4%-12%
	3%	5%-15%
	10%	12%-20%
	10%	12%-20%
	10%	15%-25%
	-	2,5%-15%
	30% 2D & 3D movies	40% - 60%

travelstart

Pack your
bags for
your next
adventure!

Multiply Inspire Plus members
get access to Travelstart

Multiply Travel wallet
starting balance

R1 500

-  Domestic flights R250
-  International flights R1 000
-  Accommodation R250

Discounts on
flights, car rental &
accommodation

Early bird
offers

24/7
concierge
service

AI Travel
Assistant

Member-only
deals

Roaming
eSIM data

Plus, enjoy up to 15% off your total ticket
price for travel, accommodation and car rental
in addition to your Travelstart benefits.

Multiply Inspire Plus members get six flights per year until the first
family member reaches their limit.

ULTRAHUMAN



Ultrahuman Ring AIR®

Take health tracking to the next level with the Ultrahuman Ring and save up to 25%.

PUMA

Up to 30% back in HealthReturns on sports apparel.



Score HealthReturns and discounts from big brands.

Multiply Inspire Base level	Multiply Inspire Plus Rewards level 1-5	
5%	7,5%-40%	GARMIN
-	5%-25%	ULTRAHUMAN
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 PLAYTOMIC
20%	20%	hello coach
50%	50%	soSerene
10%	12,5%-30%	PUMA
10%	15%-30%	SPORTSA www.sportsa.co.za
3%	5%-15%	Tiger Wheel&Tyre

Start earning today!

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



Multiply Inspire

FREE

Up to R250* in HealthReturns

Base level rewards

*Capped at 10% of your medical scheme contribution

Multiply Inspire Plus

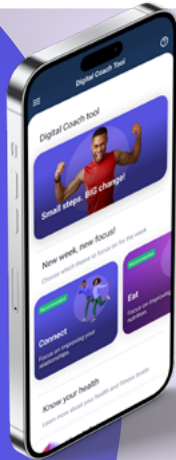
R207

Up to R1 000** in HealthReturns

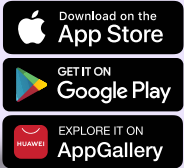
Up to 60% partner rewards

**Capped at 40% of your medical scheme contribution

	Main member	R207
	Partner/spouse	R95
	Adult dependant (18 years and older)	R43
	Child dependant (7-17)	R27
	Child dependant Under 7	Free



Download the
Momentum
Multiply app
to get started.



Chat with us



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