

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

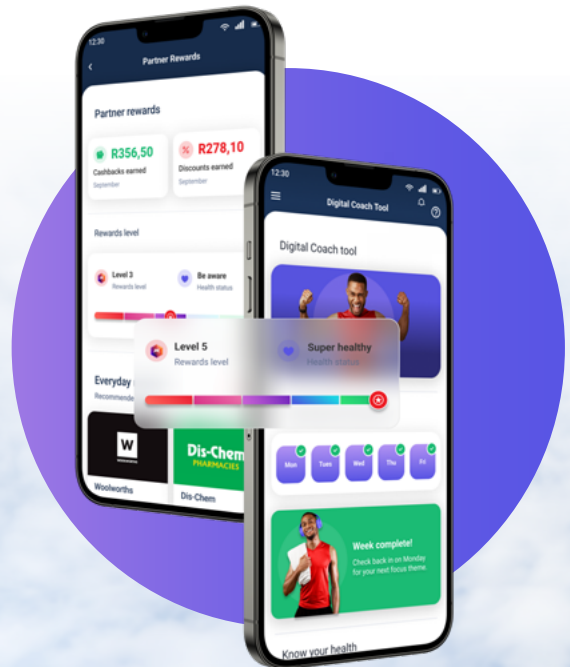


Take control of your health while having fun and earn rewards for every step you take towards a healthier, more fulfilling life.

Improve
your health



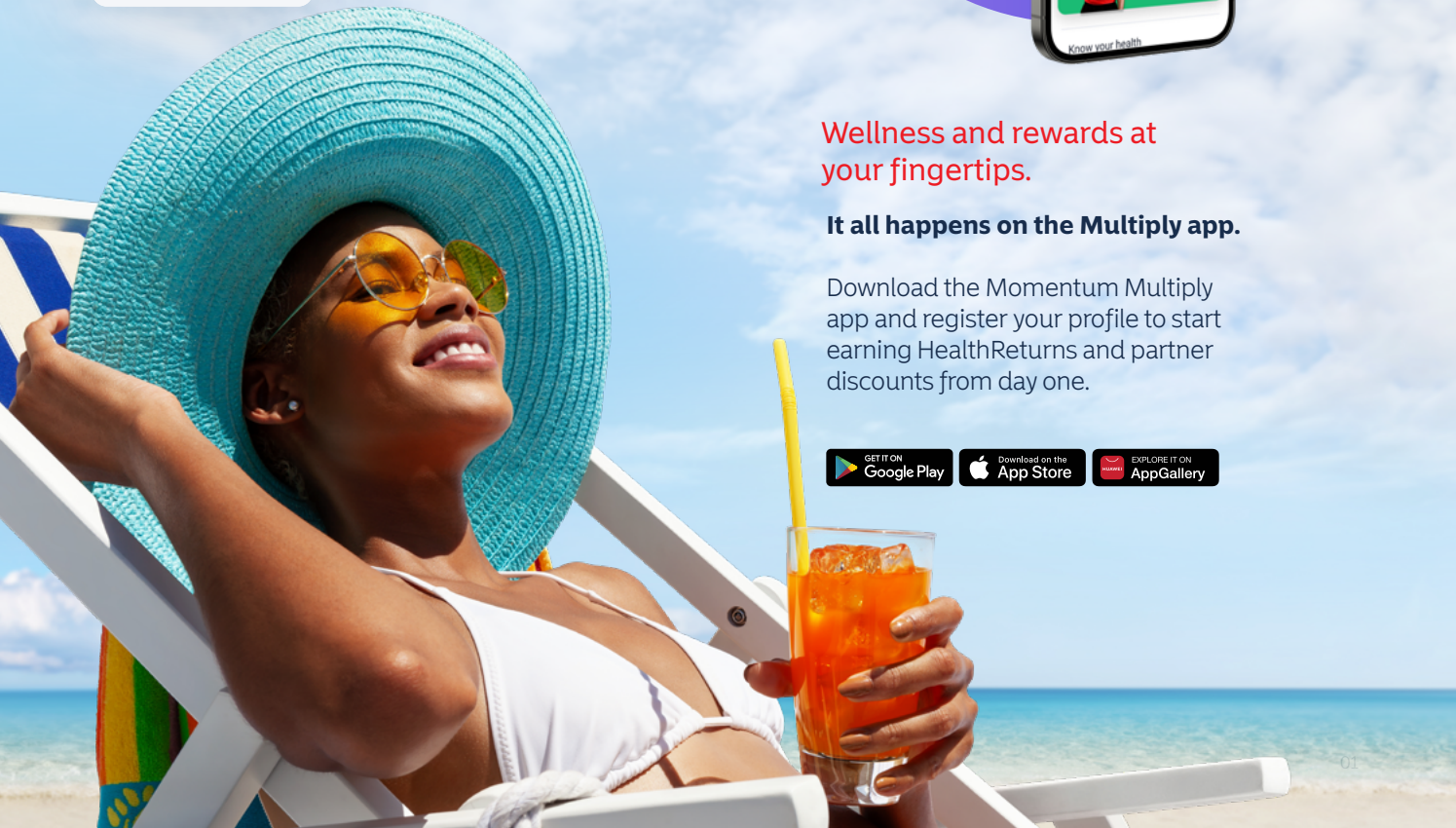
Get
rewarded



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.

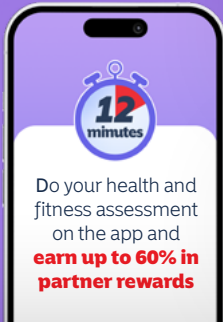


Kickstarting the road to health and wellness

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

Improve your health



Achieve weekly activity and recharge goals

Get rewarded

Multiply partner rewards

Multiply Engage	Multiply Engage Plus
up to 30%	Get a rewards level and score up to 60%

Weekly Wins

Multiply Engage	Multiply Engage Plus
No benefit	up to R50

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

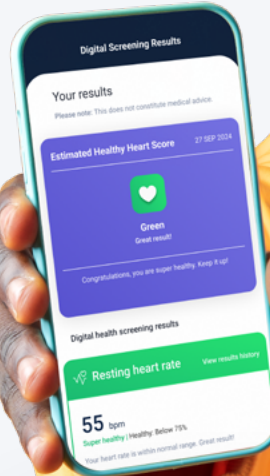
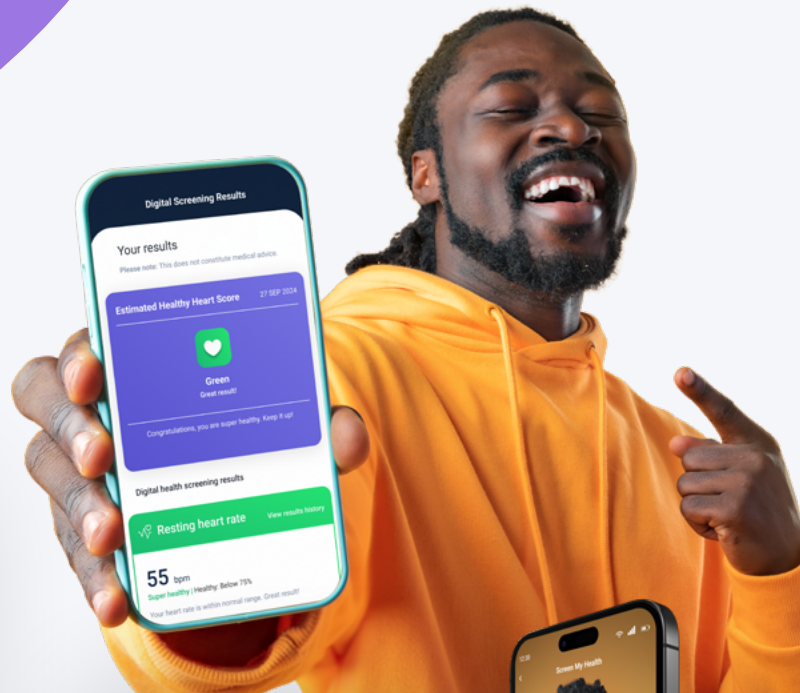


Being fit and healthy enhances your mental and physical health. Do your fitness assessment and get a fitness level.

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. **PLUS, as a Multiply Engage Plus member, you get rewarded immediately.**

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.

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.

Multiply Engage Plus

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.



COLCACCHIO

Donate your Wins

momentum
group | FOUNDATION



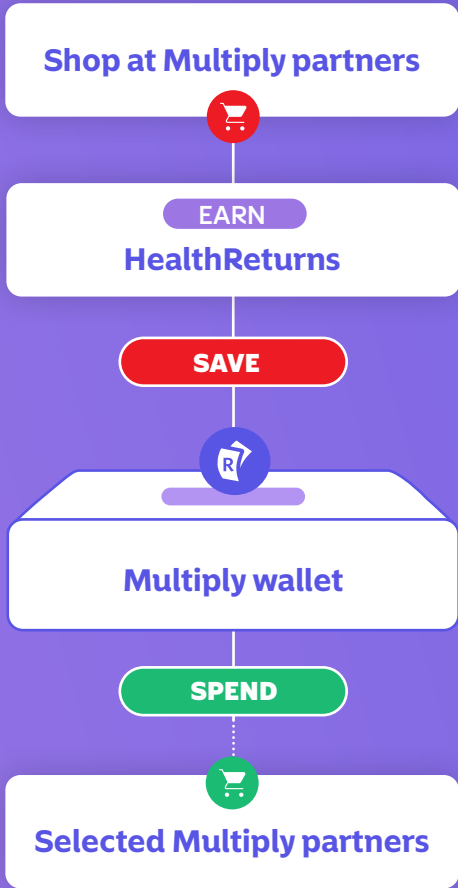
And more...



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

Rewards level	No score	Red	Amber-Red	Amber	Amber-Green	Green
	No level	1	1	1	1	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

Fitness level

🔒 You need a qualifying Healthy Heart Score to unlock 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
	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%	40% - 60%
	2D & 3D movies	

travelstart

Pack your bags for your next adventure!

Multiply Engage Plus

Multiply Engage 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 Engage 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 Engage Base level	Multiply Engage Plus Rewards level 1-5	
5%	7,5%-40%	
-	5%-25%	
10%	20%-50%	
10%	20%-40%	
7,5%	10%-30%	
-	5%-20%	
20%	20%	
50%	50%	
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.

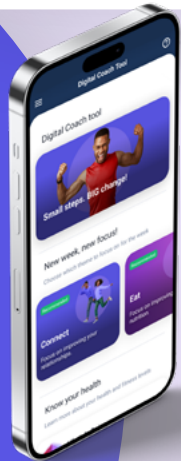


**Start
earning
today!**

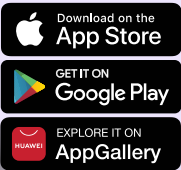
**Multiply
Engage**
FREE
Up to 30% from
Multiply partners

**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

 0861 88 66 00

 multiply.co.za

 multiply@momentum.co.za

 0861 88 66 00



268 West Avenue Centurion 0157
PO Box 7400 Centurion 0046 South Africa

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