

momentum

multiply

Eat
Sleep
Move
Breathe
Connect

Multiply **Inspire 2024**





There's a REWARD for EVERY BODY!

Good health is your biggest asset

Get **rewarded from day one** for every step you take to look after your mental and physical health.

With Multiply Inspire you will:



Know your
health



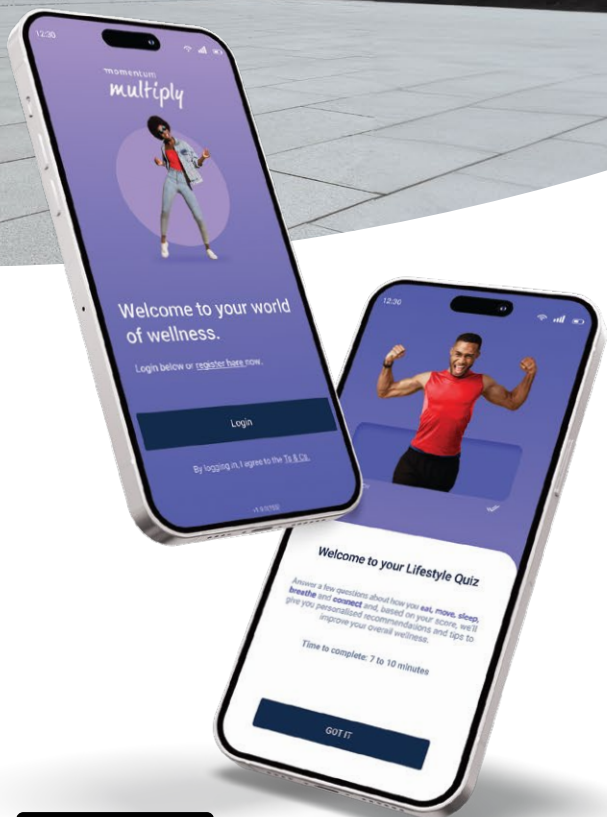
Know what
to do



Get
rewarded

Wellness and rewards at your fingertips

It all happens on the Multiply app. Download the latest version of the app and register your profile to start earning HealthReturns and partner rewards **from day one**.



Know your health

Lifestyle Quiz

Earn your first HealthReturns for completing the Lifestyle Quiz, guaranteed for three months.

Digital Coach Tool

Get daily personalised tips on how to maintain or improve your health from our Digital Coach tool.

Health assessment

Do your in-person or digital health assessment and earn HealthReturns.

See how healthy your heart is and get a Healthy Heart Score.



Book your health and fitness assessment on the Multiply app.

Fitness assessment

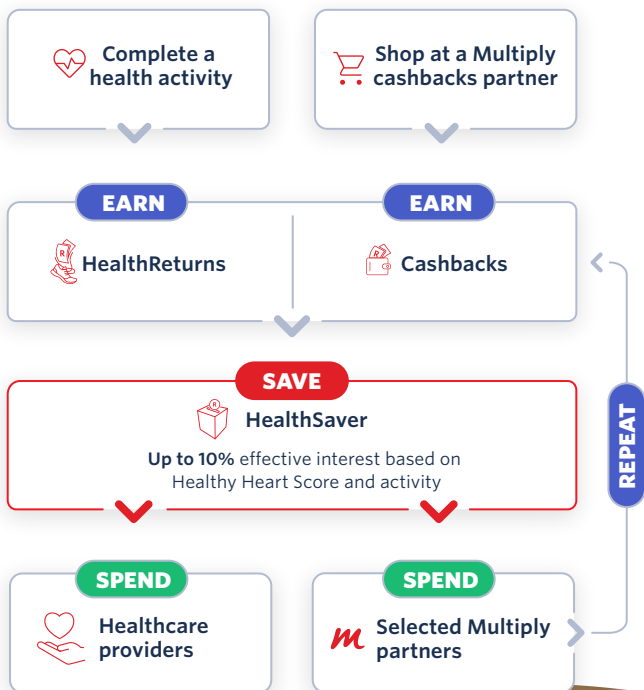
Boost your HealthReturns when you do an in-person or digital fitness assessment and know your fitness level.

The healthier you are,
the more you score!

The results of your health and fitness assessment give you your partner rewards level.

Upgrade to Multiply Inspire Plus, reach rewards level 5 and save up to 60% when you shop at Multiply partners.

Get rewarded for knowing your health



Know what to do

Start creating healthy habits



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 300 calories during a workout.



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 app or device every day**

② **Achieve your goal**

③ **Earn HealthReturns**



Weekly Wins

Achieve your weekly activity goals and score a Weekly Win.



Monthly Wins

Continue this winning streak for four weeks and get a Monthly Win!

Boost your weekly rewards by achieving your Recharge Goal

Boost your monthly rewards by achieving your Recharge Goal for four weeks

Upgrade to Multiply Inspire Plus and choose a treat instead of HealthReturns.



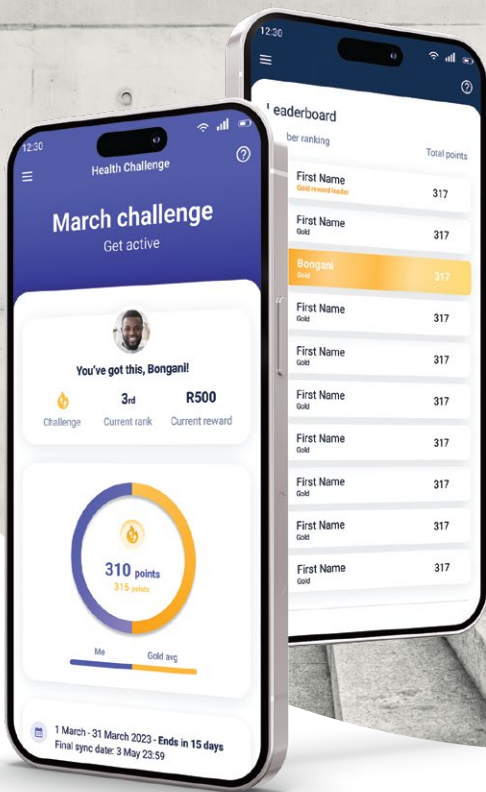
Voucher



Coffee



Voucher



Take part in leaderboard challenges and earn extra HealthReturns

Stay motivated to work on your healthy habits with regular challenges.

Reach the top of the leaderboard and WIN big!



Copper



Bronze



Silver



Gold

Get rewarded

Partner rewards from day one

Multiply
Inspire
Base level

Multiply
Inspire Plus
Level 1 - 5

HEALTH & LIFESTYLE



2%

4%-12%



-

2%-10%

Checkers

3%

4%-12%

SHOPRITE

3%

4%-12%

Pick n Pay

-

2%-10%

WOOLWORTHS

3%

4%-12%



5%

7%-15%



3%

5%-15%



10%

12%-20%



10%

12%-20%



10%

15%-25%

TAILORBLEND
CUSTOM NUTRITION MADE EASY

10%

15%-25%



20%

20%

© 2022 Inspire

Multiply
Inspire
Base level

Multiply
Inspire Plus
Level 1 - 5

SPORTS & FITNESS

GARMIN

10%

20%-40%

 **planetfitness**

10%

20%-50%

Virgin
active

10%

20%-40%

SPORTSA
www.sportsa.co.za

10%

15%-25%

soSerene

20%

30%-50%

ASWEAT
GEAR

15%

15%-35%

TRAVEL & ENTERTAINMENT

NuMetro

30%

40%-60%

Booking.com

10%

12%-20%

FlySafair

5%

5%-30%

lift

5%

5%-25%

AVIS

7,5%

10%-40%

 **AIRLINK**

5%

5%-25%

QATAR
AIRWAYS القطرية

5%

5%-30%

 **Emirates**

10%

10%-40%

Earn HealthReturns each month for completing health activities

	Multiply Inspire	Multiply Inspire Plus
Lifestyle Quiz	Up to R25	Up to R50
Health assessment	Up to R25	Up to R50
Fitness assessment	Up to R25	Up to R50
Weekly rewards	Up to R24	Up to R50
Monthly rewards	Up to R75	Up to R150
Leaderboard challenges	Up to R500	Up to R1 000

Each member on Multiply Inspire earns rewards.



Rewards for the whole family!

Start earning today!

Download the Multiply app
to get started

Multiply Inspire

FREE

What do you get?

Up to R745*
in HealthReturns

Base level rewards

*Capped at 10% of your medical
scheme contribution

Multiply Inspire Plus

R195

Up to R1 500**
in HealthReturns

Up to 60% boosted partner
rewards

**Capped at 40% of your medical
scheme contribution



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Multiply Inspire Plus fees



Main
member

R195



Partner/
spouse

R90



Adult
dependant
(18 years
and older)

R40



Child
dependant
(7-17)

R25



Child
dependant
(Under7)

Free

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