

What are Active Dayz?

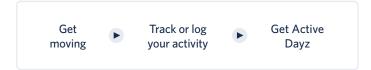
Being active helps you live a longer, healthier life. Choose how you want to be physically active and score with Active Dayz.

Why do I need Active Dayz?

Your Active Dayz gives you your Momentum product rewards - Myriad, Momentum Medical Scheme and FundsAtWork.



What do I need to do?



How do I get Active Dayz?

Earn your Active Dayz in any of the following ways:



Note: You get a combined total of up to 80 points a year for your Active Dayz, fitness assessments and elite events.

How many Active Dayz do I need?

You get 1 point for each active day, up to 80 points for the year.

Unlock more Active Dayz!

Do your fitness assessment or complete an elite event to unlock 80 more points* for Active Dayz.

* Points are capped at a maximum of 300 for Be healthier.

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