

Active Dayz™



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.

Active Dayz + Healthy Heart Score + Status = Rewards

What do I need to do?

Get moving → Track or log your activity → Get Active Dayz

How do I get Active Dayz?

Earn your Active Dayz in any of the following ways:

-  Burn 300 calories in a session
-  Visit the gym
-  Take 10 000 steps
-  Complete a qualifying event through Entrytime
-  Participate in a Parkrun

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*.

Get Multiply now! Apply online at multiply.co.za | SMS MULTIPLY to 40717 | Email multiply@momentum.co.za
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