



Client number: 000000000000

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Hi Member

Following the recent developments with COVID-19 and the national lockdown, we recognise that this will affect your gym visits and Active Dayz™. We'll make the following adjustments to your Active Dayz to make sure you're not worse off as a result of not being able to go to the gym.

This is how you can earn Active Dayz:

We'll work out your average gym visits, Parkruns and total Active Dayz for the previous three months.

	Dec	Jan	Feb	Average Active Dayz for three months	Average gym visits + Parkruns for three months
Gym visits + Parkruns	10	10	10	13	10
Steps + calories	3	3	3		
Active Dayz	13	13	13		

Scenario 1

If you have no Active Dayz, we'll give you your average gym visits and Parkruns from the previous three months.

	Mar	Total for March
Gym visits + Parkruns	0	10
Steps + calories	0	

Scenario 2

If you have some Active Dayz based on steps and calories, but this is less than your average, we'll make up the difference to get you to the average from the previous three months.

	Mar	Total for March
Gym visits + Parkruns	0	13 = 7 + 6 extra gym visits + Parkruns
Steps + calories	7	(totalling the average from the previous months)

Scenario 3

If you have some Active Dayz based on steps and calories, but this is more than your average, we'll give you your actual number of Active Dayz.

	Mar	Total for March
Gym visits + Parkruns	0	20
Steps + calories	20	

Either way, you'll continue earning Active Dayz (and the points for those Active Dayz, subject to normal limits). Your Active Dayz for March will be credited to you in April but in time for your Myriad discounts, HealthReturns and EmployeeReturns to be allocated.

We'll reassess the situation at the end of the April and communicate on how we'll proceed.

If you have any questions, please first try email or WhatsApp but if you need to call us, we are available from 08:00 to 17:00, Monday to Friday.

📞 0861 88 6600

✉️ multiply@momentum.co.za

🌐 multiply.co.za

Yours in wellness
Johan Kleu
Executive Head: Multiply



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