

Fitness assessment



What is a fitness assessment?

The Multiply fitness assessment now more accurately predicts your overall level of health-related fitness. The test is more personalised than ever before, incorporating your height, weight and physical activity level, giving you an accurate and sensitive fitness score. Because of this personalisation to your health, we have included a measure of strength and have removed a few tests which are not good measures of your fitness.

Why do I need to have a fitness assessment?

Your fitness assessment is an additional way to unlock your Momentum product rewards - Myriad, Momentum Medical Scheme and FundsAtWork.

Fitness assessment/Active Dayz™ + Healthy Heart Score + Status = Rewards

What do I need to do?

Book a fitness assessment ► Go for a fitness assessment at a health professional or do an online assessment ► Know your fitness level

In-person

Validity
12 months

Cost
R440

Online

Validity
6 months

Cost
R230

How do I book my fitness assessment?

- 1 View a list of registered health professionals on multiply.co.za.
- 2 Some of the listed health professionals will have a direct link to book your fitness assessment online.
- 3 Or simply contact the health professional by phone or email, using the contact details provided.

Note: You get a combined total of up to 80 points a year for your in-person fitness assessments and Active Dayz and a total of up to 40 points for your online fitness assessment every six months.

What will the fitness assessment measure?

Your fitness level is calculated based on the results of your fitness assessment, and takes your gender and age into account:



If you are injured, it is best not to do the fitness assessment and rather earn Active Dayz at the gym, through your fitness device or an event. If you are pregnant, the health professional will choose the fitness test best suited for you.

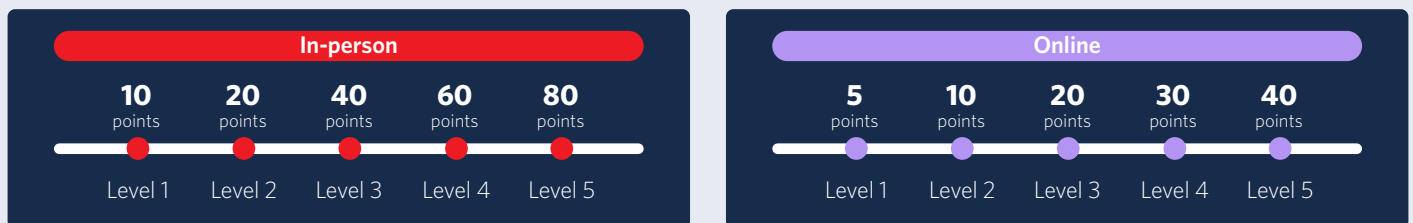
How often do I need to go?

An in-person fitness assessment is valid for 12 months and an online fitness assessment is valid for six months. You can try and improve your fitness assessment during the year but remember that you can only redo another fitness assessment after four weeks.

How fit am I?

We will email you comprehensive feedback after your fitness assessment. This includes a report on your body composition, muscle strength and fitness. You will get an overall fitness level (Level 1 – 5).

Points for in-person and online fitness assessment



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