

What discounts do I earn for BMI, blood pressure and medical aid membership?

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The discounts that can be earned based on clients BMI, blood pressure reading, and medical aid membership are as follows:

Body Mass Index (BMI)	BMI description	BMI only discount percentage	BMI, blood pressure and medical aid combination discount
<18	Poor	0%	0%
≤19	Fair	2.5%	3.75%
≤20	Good	5.0%	7.50%
≤21	Very good	7.5%	11.25%
≤25	Excellent	10.0%	15.00%
≤28	Very good	7.5%	11.25%
≤30	Good	5.0%	7.50%
≤32	Fair	2.5%	3.75%
>32	Poor	0%	0%

The discount percentages shown in the last column refer to the discount available for BMI if clients have both optimal blood pressure and they are a member of a registered medical aid – calculated as (BMI only discount percentage) x 1.5, e.g, 7.50% x 1.5 = 11.25%.