

# B Value Wellbeing Programme

## *Your Guide to Exclusive Benefits for Bonitas Members*

**B Value** is a free, personalised wellbeing programme created exclusively for Bonitas members. It's designed to support your total wellbeing—health, finances, lifestyle, and education—so you can save more, live better, and B your best self.

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## How It Works

- **Eligibility:** All Bonitas members qualify automatically.
  - **Access:** Visit [bvalue.co.za](https://bvalue.co.za) to explore the programme.
  - **Registration:**
    1. Click “**Register**” on the homepage.
    2. Enter your Bonitas membership details.
    3. Provide consent to access partner discounts and services.
    4. Start exploring your personalised wellbeing journey.
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## The Four Pillars of Wellbeing

### HEALTH: Physical & Mental Wellness

Take charge of your health with exclusive offers on fitness, nutrition, and sleep support.

#### ◆ Planet Fitness

- 10% discount on membership
- No joining or tag fee
- Free Buddy Tag (bring a friend)
- One-week trial pass
- 20% discount on padel court bookings
- Access to loyalty partners
- 49+ gyms nationwide

#### ◆ Virgin Active

- 10% off any 1-year adult membership
- Reduced joining fee
- No access card fee
- Free 30-day training programme
- Discounts on padel court bookings

- Free one-day trial pass

#### ◆ Run/Walk For Life

- First month FREE for Bonitas members
- Up to 40% off ongoing membership (location-dependent)
- Personalised training plan included
- Weekly contact and motivation from coaches
- Free access to EatForLife nutrition support

#### ◆ EatForLife

- Meal planning and nutrition guidance
- Weekly coaching and motivation
- Integrated with Run/Walk For Life for holistic support

#### ◆ Good Night Baby

- 25% off online sleep consultations (valued at R2,400–R3,200)
- 20% off 3-hour workshops and expert masterclasses
- 15% off “Kickstart Calls” for age-specific advice
- Tailored sleep solutions for families with children aged 0–13

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### FINANCIAL: Protection & Peace of Mind

Reduce financial stress and protect your pocket with practical tools and cover options.

#### ◆ MedGap

- Save up to **26%** on comprehensive gap cover premiums
- Covers shortfalls between medical aid payments and specialist charges
- Available to all Bonitas members at discounted rates

#### ◆ Credit Gateway

- Free credit checks
- Financial health assessments
- Credit builder tool
- Credit report fix
- Financial literacy courses
- Free accidental death cover (BonCap paypoint members only)

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### LIFESTYLE: Rewards for Healthy Choices

Get rewarded for prioritising your health with shopping vouchers and retail discounts.

#### ◆ Dischem

- Redeem vouchers for health and wellness purchases
- Exclusive discounts for Bonitas members

#### ◆ Clicks

- Access member-only promotions and rewards
- Save on everyday health essentials

*During your health journey, B Value incentivises and rewards healthy behaviour with vouchers you can redeem at trusted health partners.*

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### **INSIGHT: Health Education & Empowerment**

Knowledge is power—B Value helps you take charge of your health with expert-led content.

#### ◆ B Informed

- Access a growing library of health guides, podcasts, and webinars
  - Tune in to content tailored to your life stage
  - Receive personalised recommendations to support your health journey
  - Direct access to the Bonitas Member Information Hub
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### **Member Actions**

-  Register now at [bvalue.co.za](https://bvalue.co.za)
  -  Use your Bonitas membership number
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### **Support & Contact**

- For help or to opt out, email: [enquiries@bvalue.co.za](mailto:enquiries@bvalue.co.za)
  - Offers may change—check the site regularly for updates
  - Terms and conditions apply to all partner offers
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