

Multiply Engage and Engage Plus

Unlock your health potential with Momentum Multiply

What's your greatest asset? Your health and wellbeing!

Imagine a world where knowing and taking care of your mental and physical health not only protects you but also rewards you.



With Multiply Engage Plus, you **score partner rewards from day one**. This means **up to 60%** from a wide variety of Multiply partners. If you upgrade to Multiply Engage Plus, you get increased partner rewards.



And it gets better with **Weekly Wins**. You get rewarded for achieving your weekly activity and recharge goals on Multiply Engage Plus..

The cherry on top

The healthier you are, the more you score. By living a healthy lifestyle, you not only improve your mental and physical wellbeing but also get rewarded for it. **It's a win-win!**

It all happens on the Multiply app. It's simple:



Log in to the app and do a short Lifestyle Quiz.



Do your digital health and fitness assessment on the app, in the comfort of your own home. You'll get a rewards level.

Your rewards level gives you up to **60%** from partners



Achieve your weekly activity and recharge goals.

Up to **R50** a week in partner vouchers

You have access to:



One **FREE annual digital health and fitness assessment** on the Multiply app, giving you a Healthy Heart Score and fitness level. You can do it in the comfort of your home. **Easy!**



Daily, personalised tips from the **Digital Coach** to improve the way you eat, sleep, move, breathe and connect.













Partner vouchers for achieving your weekly activity and recharge goals.



Access to Wysa, an anonymous wellbeing AI coach available to help you build mental resilience. It's non-judgmental, private, easy to use and available 24/7.

PLUS, fantastic partner rewards

You get:

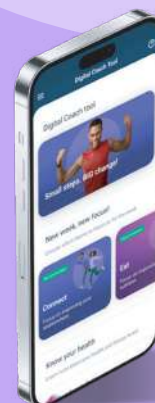
	Multiply Engage	Multiply Engage Plus
 planetfitness	10%	20% - 50%
 Virgin active	10%	20% - 40%
 Dis-Chem PHARMACIES	2%	4% - 12%
 ULTRAHUMAN	-	5% - 25%
 Checkers	3%	4% - 12%
 WOOLWORTHS	3%	4% - 12%
 travelstart	-	2,5% - 15%
 Multiply Padel <small>Booked through  PLAYTOMIC</small>	-	5% - 20%
 NuMetro	30%	40% - 60%

As a Momentum Medical scheme member on the Ingwe Option, you have access to:

Multiply Engage FREE

Multiply Engage Plus
for as little as
R187
a month

Momentum Multiply makes healthy living fun and rewarding. Get moving, connect with others, recharge, and manage stress—all while lowering medical claims and preventing chronic diseases.



Download the Multiply app to get started.



Join Momentum Multiply today and kickstart your journey to wellness.
Your healthier, happier life starts now!