

JORA REWARDS

PARTICIPANT GUIDE

Everything you need to know about earning, tracking
and redeeming your rewards.

JORA⁺

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Chapter 1

Why Rewards?

Building and maintaining a healthy lifestyle means adopting positive habits and letting go of unhealthy ones. Research shows that every habit is made up of three key components

1. Cue	A trigger that starts an automatic behaviour.
2. Routine	The behaviour itself - the action you take.
3. Reward	The reinforcement that helps your brain recognise and embed the pattern, making it more automatic over time.

The Jora Rewards programme is built on this science. It is designed to encourage positive habits by rewarding healthy choices and supporting you in making meaningful, lasting changes to your wellbeing.

Rewards are not about perfection — they are about consistency. Every step you take towards a healthier lifestyle is recognised and celebrated. The goal is sustainable progress, not short-term results.

The annual rewards target is 400–500 points. This has been set at a level that is ambitious but achievable for participants who engage consistently with their programme and physical activity goals.

The Jora Rewards programme is exclusive to participants on the Executive Elite Programme



Chapter 2

How It Works

Earning and redeeming rewards is straightforward. The process below walks you through each stage, from earning your first points to claiming your reward.

Receiving your rewards

1

Participate

Attend Jora sessions or complete physical activity outside of Jora.

2

Submit proof

For outside activity, email a fitness tracker screenshot to your Wellness Coordinator.

3

Points added

Jora session points are added automatically. Outside activity points are added once proof is verified

3

Track your progress

Log into the Decisively portal at any time to check your running points total.

Redeeming your rewards

1

Check your balance

Log into the Decisively portal to view your current points total.

2

Choose your reward

Browse the Jora Rewards catalogue at www.joraclinic.com/rewards.

3

Redeem your rewards

Go into your rewards section on decisively and redeem the reward of your choice.

4

Enjoy your reward

Your Wellness Coordinator will confirm the details and arrange your reward.



Chapter 3

What counts as valid proof of activity?

For physical activity completed outside of Jora, email a screenshot from your fitness tracker to your Wellness Coordinator. Accepted proof includes:

- Steps taken
- Heart rate data
- Active minutes or workout summaries

Any major fitness tracking app or device is accepted — including Fitbit, Apple Health, Garmin, Samsung Health, and similar platforms.

Chapter 4

Achievement Awards

Achievement rewards are the highest-value rewards in the programme. Before any achievement reward is issued at the end of your programme, your Wellness Coordinator will review your progress and assessments with you — together you will confirm that your agreed SMART goals have been met.

Maximum of two achievement awards per year. All achievement awards require agreement between the participant and Wellness Coordinator that SMART goals have been met before points are awarded.



Chapter 5

What You Can Earn

The table below shows every activity that earns points, how many points each earns, how frequently you can earn them, the maximum annual contribution, and what proof is required.

PARTICIPATION REWARDS				
Activity	Points	Frequency	Max/Year	Proof Required
150 min moderate or 75 min vigorous activity per week (e.g. brisk walking, running)	3	Weekly	156	Fitness tracker screenshot
Participation in Jora Educational Event (JEE)	2	Quarterly	8	Attendance
Yoga Class	1	Weekly	52	Attendance
Movement Class	1	Weekly	52	Attendance
Catalyst Educational Class	6	Annual	6	Attendance
Jora Outdoor Activity	2	Monthly	24	Attendance
Cognitive Behavioural Sessions	6	Annual	6	Attendance
Diet Strategies	10	Annual	10	Proof of completion

ACHIEVEMENT REWARDS				
Activity	Points	Frequency	Max/Year	Proof Required
5% weight loss	100	Annual	100	Measurement at Jora Clinic
10% or higher weight loss	200	Annual	100	Measurement at Jora Clinic
Improvement in disease markers (e.g. diabetes, cholesterol)	100	Annual	100	Tests at Jora Clinic
Completion of Annual Subscription	25	Annual	25	Subscription
Improvement in mental health assessment	100	Annual	100	Jora Clinic Assessment
Fat loss of 5%	100	Annual	100	Jora Clinic Assessment
Fat Loss of 20%	200	Annual	200	Jora Clinic Assessment

*Maximum of two achievement awards per year. All achievement awards require agreement between the participant and Wellness Coordinator that SMART goals have been met before points are awarded.



Chapter 6

Support & Contact

Your Wellness Coordinator is your main point of contact for everything related to the Jora Rewards programme — from submitting proof of activity to redeeming your points.

Contact Method	Details
Email	wellness.coordinator@jorahealth.com
Phone	028 9077 0650
Website	www.joraclinic.com
Rewards Catalogue	www.joraclinic.com/rewards
Portal (Decisively)	Log in via the link provided at registration

Frequently asked questions

Q: Do my points expire?

A: Please contact your Wellness Coordinator for the latest information on points expiry.

Q: Are rewards available on all plans?

A: No — the Jora Rewards programme is exclusive to the Executive Elite Programme.

Q: Can I earn points for activity done outside of Jora?

A: Yes — submit a fitness tracker screenshot to your Wellness Coordinator as proof.

Q: Can family members earn rewards?

A: Rewards are linked to the individual subscription holder only.

Q: Can I receive more than two achievement awards in a year?

A: No — a maximum of two achievement awards can be issued per year.

Q: Who decides if I have met my goals?

A: You and your Wellness Coordinator will review and agree together that your SMART goals have been met.

