

## Zwift

### Getting started

Zwift is a multiplayer online cycling and running physical training programme. With Zwift, you can earn Vitality points based on workouts that you track your speed and heart rate. Add your workouts on the Zwift app to Vitality by linking your Zwift account.

### Who can earn Vitality points with Zwift?

Members aged 18 years or older who have a qualifying policy:

- Vitality Health
- Vitality Purple
- Vitality Active
- Vitality Active Rewards for Doctors
- Vitality Active Rewards for South African Breweries (SAB)
- Vitality 65+

Discovery Vitality members between the ages of 14 years and 18 years who are part of the Vitality Active Rewards for Teens programme can link their Zwift account to Vitality to earn points towards their weekly exercise goals. However, these points will not count towards their Vitality status. Vitality members, 18 years and older, on an active Vitality membership can link their Zwift profiles to Vitality to earn Vitality points towards their Vitality status. You can find out more about Vitality Active Rewards for Teens [here](#).

Members who are eligible to earn points towards their fitness goals:

- Vitality Health Tracker or the Condition Management benefit
- Vitality Active Rewards for Healthy Company

Members who have only KeyFIT, or Vitality Drive (not Vitality Health) will not earn Vitality points using Zwift.

### What does it cost?

Vitality has no extra cost for Zwift, but Zwift has a monthly subscription fee. Please

visit [www.zwift.com](http://www.zwift.com) for the latest rates.

### Linking your Zwift account to Vitality

You can link your Zwift account to your Vitality membership through the Discovery app or website. When you link your account, you will need to grant Vitality permission to access your Zwift information and allow Zwift to share your information with Vitality.

If you are under the age of 18 years old, you understand that you have activated Active Rewards, and by linking your device, you understand that you are acting within the scope of consent in line with the Active Rewards programme. This means that you must act under the supervision of an authorised legal guardian.

### How to link Zwift through the Discovery app

- Download the Zwift app and create an account.
- Download the latest version of the Discovery app
- Log in to the Discovery app and select **Vitality Health** from the menu.
- Scroll down and select **Devices and apps**.
- Select **Link a device or app** and choose Zwift from the app menu.
- Follow the prompts to link your Zwift account to your Vitality membership.
- Once linked, you will find Zwift on the **Devices and apps** section as a linked device.

### How to link Zwift through the Discovery website

- Download the Zwift app and create an account.
- Log into the Discovery website using your unique username and password.
- Select **Vitality** from the menu and then scroll down and select **Devices and apps**.
- Scroll to the **Apps** section.
- Select **Zwift** and follow the instructions to link your Zwift account to your Vitality membership.
- Once linked, you will find Zwift under the linked section **Vitality Devices and apps**.

### Earning Vitality points

Once you've linked your Zwift account, you can earn 100 Vitality points a day for a qualifying speed workout, or up to 300 Vitality points for heart rate workouts if you use an approved heart rate monitor linked to Vitality or Zwift-compatible hardware that shares your heart rate data to Zwift. When you save your workouts, set your user settings to PUBLIC so we receive your workout details.

If you delink your account before we receive your data, you will not receive points.

The points you earn by uploading data from your Zwift account count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 Vitality points a year for fitness. We award Vitality points for one fitness event a day. If you complete more than one fitness event, you will get the higher of the points for the activities.

Discovery Vitality members between the ages of 14 and 18 who are part of the Vitality Active Rewards for Teens programme can link their Zwift account to Vitality to earn points towards their weekly exercise goals, points will not be allocated to their Vitality status. Vitality members, 18 years and older, on an active Vitality membership can link their Zwift profiles to Vitality to earn Vitality points towards their Vitality status. You can find out more about Vitality Active Rewards for Teens [here](#).

### Activities that qualify for points

Earn Vitality points for tracking your heart rate and speed by:

Activity	Qualifying activity	Vitality points
Running	Running at an average of 5.5+ km/hour for 30 minutes plus	100
Running	Running using a heart rate monitor device (strap or fitness device) at an average of 10km/hr or more for 30 minutes or more at a minimum average heart rate of 60% of your maximum age-related heart rate.	Up to 300
Cycling	Cycling at an average of 10+ km/hour for 30 minutes plus	100
Cycling	Cycling using a heart rate monitor device (strap or fitness device) at an average of 10km/hr or more for 30 minutes or more at a minimum average heart rate of 60% of your maximum age-related heart rate.	Up to 300

Learn more about [Vitality fitness points](#).

### Activities that do NOT qualify for points

You will not earn Vitality points for the following:

- Speed workouts for running at an average speed of less than 5.5 km/h or above 25 km/h
- Speed workouts for cycling at an average speed of less than 10 km/h or above 60 km/h
- Your Steps
- Workouts that total less than the minimum of 30 minutes
- Swimming
- Heart rate, steps, and speed data we get through a third-party device or app.

### Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with Zwift. However, you can continue using Zwift.

You can de-link your Zwift account from Vitality at any stage by selecting the **De-link** option on the **Devices and apps** page on the Discovery website or through Zwift on the Discovery app. If you de-link your account, you will no longer earn Vitality points through Zwift. You will also not earn Vitality points for workout data that we do not receive. If you re-link your Zwift account, we cannot award you points for workouts you did between de-linking and linking. If you cancel your Zwift subscription, you will no longer earn Vitality points.

### Third party consent

By linking your device, you agree to the limits, terms, and conditions. You also agree that Discovery Vitality (Pty) Limited, their partner network and third parties associated with the benefit may share your personal information to manage the benefit effectively.

Read our [data and privacy policy](#) to see how we protect your data. We will not sell, rent or provide your personal information to unauthorised third parties.

### Questions unanswered?

Find out more about [fitness devices and apps](#) or visit our troubleshooting page within the **Help** page on the Discovery website. You will also find a [full set of Vitality Main Rules](#). If, for any reason, there is a conflict between the rules in this benefit guide and the Vitality Main Rules, the Vitality Main Rules will always apply.

## Stay in touch

If you have any questions or need more information about outdoor sporting events, go to [www.discovery.co.za](http://www.discovery.co.za).

Download the Discovery app, follow Discovery Vitality on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Join our Team Vitality [running](#) and [cycling](#) communities on Strava, [running](#) and [cycling](#) groups on Facebook and [cycling](#) club on Zwift.

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