



## Exercise Anywhere with Vitality benefit guide

### The Exercise Anywhere with Vitality Expanded Fitness Network (EFN)

Through the Exercise Anywhere with Vitality Expanded Fitness Network (EFN), smaller boutique gyms and studios are now able to become Vitality partners. This allows our members the opportunity to earn Vitality points in preferred, more convenient ways.

The Exercise Anywhere with Vitality EFN consists of gym management platforms with a range of fitness facilities, namely Octiv, Itensity and the iPad network.

### Getting started

Getting active your way has never been easier or more rewarding. As a Discovery Vitality member, you can now exercise wherever you want and however you want with our fitness benefit, Exercise Anywhere with Vitality. The Exercise Anywhere with Vitality EFN currently consists of three integration partners: Itensity, Octiv and the iPad network.

### What is Itensity?

Itensity is an online gym management platform that's designed to give you the freedom to exercise anywhere, anytime. Itensity connects Vitality members to over 150 fitness facilities, from Virgin Active and Motion Fitness Club to smaller independent gyms that offer CrossFit, yoga, functional fitness and more.

## What is Oktiv?

Oktiv provides facility management software to fitness facilities for online and in-person exercise classes. Facilities that sign onto the Oktiv platform can join the Vitality Expanded Fitness Network if they meet the criteria.

Access more than 300 boutique fitness facilities in South Africa with Oktiv Fitness – a platform to enhance your exercise experience by facilitating class bookings, tracking your workouts and performance and more.

Facilities on the Oktiv Fitness platform specialise in a range of workouts and classes from boxing, yoga, Pilates and CrossFit to functional fitness and more.

## Earning Vitality points

### Who can earn Vitality points?

If you are a Discovery Vitality member aged 18 years or older and on an active Vitality membership, you can earn Vitality points towards your Vitality status. You can do this by completing online or in-person workouts at facilities that have signed up to Vitality through Itensity Online, Oktiv Fitness or those that registered on the Vitality iPad network platform.

You can earn **50 Vitality fitness points a day** for completing an **online workout** and **100 Vitality fitness points** a day for attending an in-person workout session of 30 minutes or more.

If you only have KeyFIT or Vitality Drive and not Vitality Health, you will not earn Vitality fitness points.

You do not pay any fees for using the Itensity, Oktiv or iPad network to upload your workout data to Vitality to earn Vitality points.

The points you earn from workouts through the Itensity, Oktiv or iPad network count towards your yearly limit for Vitality fitness points. Each adult (Vitality members 18 years of age and older) can earn up to 30,000 Vitality fitness points a year. We will only award you with points for one fitness event a day.

## How do I earn Vitality points?

You'll earn the following amount of Vitality points for workouts through a facility linked to the Intensity or Octiv platforms:

- 50 Vitality fitness points a day for completing an online workout
- 100 Vitality fitness points a day for attending an in-person workout session of 30 minutes or more.
- You must have a valid "check-in" and a valid "check-out" at the facility to earn Vitality points

## Register and earn Vitality points through Intensity

To start earning Vitality points at a Vitality-linked Intensity facility, you will need to follow these steps:

1. Find your gym in the [list of Intensity facilities](#) and register with them in person or through their website.
2. Give the facility permission to share your data with Vitality through the [Intensity website](#). You can also scan this QR code to access the Intensity consent page:



3. Your facility will provide you with a username and you can use your ID number as your password.
4. If you are asked for your Vitality membership number, you can find it on your Discovery app. Simply tap on **Vitality Health** in your portfolio page and scroll down to the bottom of the screen.

**Facilities with QR code entry and exit:** When visiting your facility for workout sessions, make sure to check in at the start of your workout and then check out at the end of your workout. You do this by scanning the QR code that will be displayed at the entrance and exit of the fitness facility. Your workout must be 30 minutes or more to qualify for Vitality points.

**Facilities with tag entry and exit:** For facilities where you have a tag to enter the facility, all you need to do is tap your tag when you enter and when you exit to earn Vitality points. Make sure to first give consent to your gym to share your data with Vitality and Intensity by scanning the QR code later in this document.

**Facilities with access control only:** For facilities where you have a tag to enter the facility but there is no exit tag, all you need to do is tap your tag when you enter and then scan the dynamic QR code on the screen or tablet displayed when you exit the facility.

## Register and earn Vitality points through Oktiv

To start earning Vitality points at a Vitality-linked facility through Oktiv, you will need to:

1. [Find your gym](#) on Oktiv
2. Sign up to the gym of your choice, in person or through their website
3. Wait for your email from Oktiv and the gym with your login details
4. Download and log in to the Oktiv app



[Link your Vitality membership](#) and book your first class! Once you've signed up with a Vitality-approved Oktiv facility, you can earn:

- 100 Vitality fitness points a day for attending an in-person workout session or class
- 50 Vitality fitness points a day for attending an online workout class.

### Online class

To qualify for 50 Vitality fitness points for online classes, the class trainer or coach must check you in to confirm your attendance at the workout. If you are not checked in, you will not earn fitness points.

### In-person workout or class

When visiting your Vitality-linked Oktiv facility for an in-person workout of 30 minutes or more, you will earn 100 Vitality fitness points.

Firstly, you will need to book your workout through the Oktiv app. Just before the start of your workout, the button under your booking will change to a check-in button. Once you've checked in, this button will turn into a check-out button. You will need to check in at the start of your workout and check out at the end of your workout by scanning this QR code button in the Oktiv app.

**Please note** that the QR codes are updated hourly. You will have to check out immediately upon exiting the facility to qualify for points.

The Vitality fitness points you earn will count towards your yearly limit of 30,000 Vitality fitness points.

To earn Vitality points for your heart rate during a workout at any of the Intensity or Oktiv facilities, you can use a [Vitality-linked fitness device](#).

## Stay in touch

Contact us if you have any queries on 0860 99 88 77 or chat to us on WhatsApp. Alternatively, you can chat to a Vitality agent 24/7 through Ask Discovery on the website or Discovery app. Look out for the pink chat icon and tap to start chatting.

Register for [Ask Discovery](#) on WhatsApp. If you have already registered, scan this QR code to start chatting:



If you own a fitness facility and have any questions or need more information about the Exercise Anywhere with Vitality Expanded Fitness Network, you can send an email to [vitalityanywhere@discovery.co.za](mailto:vitalityanywhere@discovery.co.za) or call 011 529 8898.

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