



Exercise Anywhere with Vitality benefit guide

The Exercise Anywhere with Vitality Expanded Fitness Network (EFN)

Through the EFN, smaller boutique gyms and studios are now able to become Vitality partners and give our members the ability to earn Vitality points in preferred, more convenient ways.

The EFN consists of gym management platforms that have a range of fitness facilities under their network, namely Octiv, Itensity and the iPad application.

Getting started

Getting active your way has never been easier or more rewarding. Discovery Vitality members can now exercise wherever they want, however they want with our newest fitness benefit, Exercise anywhere with Vitality. The EFN currently consists of 3 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 Moove Motion Fitness Club to smaller independent gyms that offer CrossFit, yoga, functional fitness and more.

What is Octiv?

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

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

Facilities on the Octiv Fitness platform specialize 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?

Discovery Vitality members, 18 years or older, on an active Vitality membership earn Vitality points towards their Vitality status by completing online or in-person workouts at facilities that have signed up to Vitality through Intensity Online, Octiv Fitness or those that registered on the Vitality Ipad network platform.

Vitality members 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.

Members who only have KeyFIT or Vitalitydrive and not Vitality Health, will not earn Vitality fitness points.

There are no fees for using the Intensity, Octiv or Ipad network to upload your workout data to Vitality to earn Vitality points.

Discovery Vitality members aged 14 to 17 who are part of the Vitality Active Rewards for Teens programme, will need to link their fitness device or mobile phone to Vitality to earn points towards their weekly exercise goals.

The points you earn from workouts through the Intensity, Octiv or Ipad network count towards the Vitality fitness points yearly limit. Each adult (Vitality members 18 years of age and older) can earn up to 30 000 Vitality fitness points a year. Points will only be awarded for one fitness event a day.

How do I earn Vitality Points?

You'll 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 through a facility linked to the Intensity or Octiv platforms.

Register and earn Vitality points through Itensity:

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

1. Find your gym in the [list of Itensity facilities](#) and register with them in person or through their website.
2. You will need to give the facility permission to share your data with Vitality through the [Itensity website](#). You can also scan this QR code to access the Itensity 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 when you tap on Vitality Health in your portfolio page and scroll down to the bottom of the screen.

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 by scanning the QR code that will be displayed at the entrance and exit of the fitness facility. Your workout must be at least 30-minutes or more to qualify for Vitality points

For facilities that have access and exit control 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 give consent first to your gym to share your data with Vitality and Itensity by scanning the QR code later in this document.

For facilities that have access control only, 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 Octiv:

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

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



5. [Link your Vitality membership](#) and book your first class!

Once you've signed up with a Vitality-approved Octiv facility, you can earn 100 Vitality fitness points a day for attending an in-person workout session or class, or 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 Octiv 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 Octiv 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 Octiv. **Please note** that the QR codes are updated hourly. You will have to check out immediately upon exiting the facility to qualify for points.

Your earned Vitality fitness points will count towards your Vitality fitness point yearly limit of 30 000 points.

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

Frequently Asked Questions

Which facilities qualify as Exercise Anywhere with Vitality Expanded Fitness Network (EFN) fitness facilities?

Any fitness facility that is registered with the Vitality iPad network, Itensity and Octiv and meets the criteria to join and stay on the Exercise Anywhere with Vitality EFN. Discovery Vitality may change these criteria from time to time.

How do I know which facilities are on the Vitality EFN?

Tap on the list below for a list of all facilities at: [Itensity](#)

[Octiv](#)

[Vitality iPad network](#)

How do members log their workouts to earn Vitality points?

- For Octiv and Itensity's online workouts, the coach or trainer of the class that the member participates in will have to note the member's attendance at the end of the class.

- For iPad application workouts, the Discovery Vitality members must enter their ID number or Discovery membership number, date of birth, sex, initials, and surname on the Vitality iPad application after their workouts. Only accurately-logged events will be sent to Discovery Vitality for Vitality points to be awarded. Online points do not apply on the iPad application.
- For in-person Octiv workouts, the member will have to scan a QR code in the Octiv app under their booked class or session when they enter and exit the facility after their 30-minute workout.
- For in-person Itensity workouts, the member will have to either:
 - scan a QR code when they enter and exit the facility; or
 - enter the access control entry and exit turnstile using their access card, tag or biometrics; or
 - entering at the access control point using their access card, tag or biometrics and exit by scanning a QR code at the exit.

The Vitality points will be allocated after a valid 30-minute workout. Vitality points will reflect on the member's [Vitality Points Tracker](#) within two to three (2 to 3) working days.

Still haven't found what you're looking for?

Use Vitality 24/7 to chat to a live agent at any time of the day through Ask Discovery. Once in the chat function, type chat to an agent to get real-time assistance.

Alternatively, call 0860 99 88 77 from Monday to Friday between 07:00 and 18:00.

If, for any reason, there is a conflict between rules in this benefit guide and the [Vitality Main Rules](#), the Vitality Main Rules will apply at all times.

Keep up to date with the latest news from Vitality

- [Download the Discovery app](#).
- Follow Discovery Vitality on [Facebook](#), [Twitter](#) and [YouTube](#).
- [Ask Discovery on WhatsApp](#).






Specific limits, terms and conditions apply to each benefit and may be subject to change. We will inform you when we make product or benefit changes.

Stay in touch

If you have any questions or need more information about the Exercise Anywhere with Vitality Expanded Fitness Network for fitness facilities, you can send an email to vitalityanywhere@discovery.co.za or call 011 529 8898.

Should a member want more information about the Exercise Anywhere with Vitality benefit, they can visit www.discovery.co.za or call us on 0860 99 88 77.

For more information about the benefit, visit www.discovery.co.za. Download the  Discovery app.

Follow Discovery Vitality on      (Vitality_SA) Not yet a Vitality member? [Join today](#), it only takes in 60 seconds.

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