

Fitbit

## Get started

Track your workouts through Vitality using a Fitbit device to earn points based on tracking your steps, speed and average heart rate, depending on the capability of your device. Plus, get up to 75% off your next fitness device with Vitality Active Gear when you activate Vitality Active Rewards, complete your relevant health assessments, achieve your exercise goals and spend responsibly with Discovery Bank. Learn more about the Vitality Active Gear benefit [here](#).

### Who can earn points with Fitbit?

Vitality members, 18 years and older, on an active Vitality membership can link their Fitbit device to Vitality to earn Vitality points towards their Vitality status.

Discovery Vitality members aged 14 to 17, who are part of the Vitality Active Rewards for Teens programme, will need to link their Fitbit to Vitality to earn points towards their weekly exercise goals. You can find out more about Vitality Active Rewards for Teens [here](#).

Discovery Vitality will receive data from Fitbit but takes no responsibility for the age restrictions legislation of Fitbit. The age group rules or the legislation differ per partner and per country and need to be verified by the purchaser before purchasing the device. Learn more about Fitbit age restrictions [here](#).

Members who have only KeyFIT or Vitalitydrive (not Vitality), will not earn Vitality points. There are no fees for using your device to upload your workout data to Vitality to earn your Vitality points.

The points you earn by uploading data from your Fitbit device count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 fitness points in a year. **Points will only be awarded for one fitness event** a day. If you complete more than one fitness activity a day, then the higher of the activities will be awarded.

To start earning points, give Vitality access to your Fitness device data by following these steps:

1. Make sure you have the Fitbit account. Visit the [Fitbit website](#) or download the [Fitbit app](#) to create a Fitbit account. When registering on the Fitbit website, you agree to their terms and conditions. When you have a Fitbit account, link your Fitbit devices to that account.
2. Click on the [Fitbit](#) section under the **'Gym, devices and fitness'** page on the Vitality menu and click on **'Link my device'**.
3. Enter your Fitbit login information and click on **'Sign In'**.

- The page will refresh. You will see the ‘**Gym, devices and fitness**’ overview page updated with your Fitbit information.

If you have any problems uploading your workout data, please visit the [Fitbit website](#) for more information.

View the Vitality points structure under ‘[Earn Vitality points](#)’ below. Please note that different models of Fitbit track different data types (steps, speed, heart rate, etc.).

Vitality can only award points for data types that your specific device model tracks.

## Earn Vitality points

You can earn Vitality points for uploading your workout data. Points depend on your **heart rate, speed, exercise duration or steps** you take. Find out more about Vitality points [here](#).

To earn up to 50 Vitality points	To earn up to 100 Vitality points	To earn up to 200 Vitality points	To earn up to 300 Vitality points
<ul style="list-style-type: none"> <li>Track 5 000 – 9 999 steps a day</li> </ul>	<ul style="list-style-type: none"> <li>Track 10 000+ steps a day.</li> <li>Track 30 minutes or more of light physical activity in one exercise session a day at a minimum average heart rate of more than 60% and less than 70% of your age-related heart rate.</li> <li>Track 30+ minutes of physical activity in one exercise session a day at a minimum average speed of 5.5 kilometres an hour (walking/running); 1.5 kilometres an hour (swimming) or 10 kilometres an hour (cycling).</li> <li>Workouts with an average speed exceeding 25 kilometres an hour (walking/running), 6 kilometres an hour (swimming) or 60 kilometres an hour (cycling) will not qualify for Vitality points.</li> </ul>	<ul style="list-style-type: none"> <li>Track 30 – 59 minutes of moderate physical activity in one exercise session a day at a minimum average heart rate of more than 70% and less than 80% of your age-related heart rate.</li> </ul>	<ul style="list-style-type: none"> <li>Track 30 minutes of vigorous physical activity in one exercise session a day at a minimum average heart rate of more than 80% of your age-related heart rate.</li> <li>Track 60 minutes of moderate physical activity in one exercise session a day at a minimum average heart rate of more than 70% and less than 80% of your age-related heart rate.</li> </ul>

**Please note:** There is an option to clear your data from your device after you have uploaded it. If you clear it, you will not be able to upload older details to Vitality.

**1000 fitness points threshold:** Earn 50 Vitality points for tracking between 5 000 and 9 999 steps in a day or 100 points for a 30+ minute workout where you are able to maintain 60 – 69% of your maximum

age-related heart rate. These activities recognise that important first step for many of our members who are just starting out. For this reason, these points will contribute to your weekly Vitality Active Rewards goal, but will be subject to a cap of 1 000 points per year towards your Vitality Status. Find out more about your [Vitality Active Rewards](#).

**You can earn up to 1 200 Vitality points per month** towards your Vitality Status and Vitality Active Rewards goal by tracking 10 000+ steps. After the cap is reached in a month, all 10 000+ step activity will continue to count towards Vitality Active Rewards goal. Find out more about your [Vitality Active Rewards](#).

Points earned by Vitality Active Rewards for Teens members will not contribute towards their parents' Vitality status. There is no cap on the amount of points teens can earn towards reaching their goals.

### An example

John buys a Fitbit fitness device and links it to Vitality. His device collects [heart rate](#) and speed data. John is 35 years old and exercises for 30 minutes at an average heart rate of 148 bpm or higher. This earns John 300 points because it is vigorous physical activity at an average heart rate of at least 80% of his age-related maximum heart rate.

### Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Fitbit device. However, you can continue to use Fitbit in your personal capacity. You may disconnect your Fitbit device from Vitality at any stage by selecting the 'Delink' option on the 'Gym, devices and fitness' page or the Discovery App. If you disconnect it, you will no longer earn Vitality points through Fitbit. If you want to link again, you will need to follow the steps under the '**To link your Fitbit device to Vitality**' section.

### Questions unanswered?

Find out more about fitness devices and apps [here](#) or visit our [troubleshooting page](#). You will also find a full set of Vitality rules [here](#). If, for any reason, there is a conflict between rules in this benefit guide and the Vitality rules – the Vitality rules will apply at all times.

### Stay in touch

For more information about the benefit, visit [www.discovery.co.za](http://www.discovery.co.za) or call 0860 99 88 77.

Download the  Discovery app.

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