



**GET
ACTIVE**

and earn **Vitality points** anywhere,
anytime with your **Polar**
Heart Rate Monitor


Get healthy
Get rewarded


POLAR
LISTENS TO YOUR BODY

Polar

Vitality members can earn Vitality points for getting active anytime, anywhere with web-enabled Polar Heart Rate Monitors or Activity Tracker. Vitality members earn 150 Vitality points, and an additional 50 bonus points a day depending on their activity levels.

With Polar Heart Rate Monitors you can earn Vitality points by running, riding your bike, walking your dog, going to the gym, climbing a mountain or going for a hike. Anytime, anywhere!

Vitality members can get up to 25% cash back on selected fitness devices with the Vitality [HealthyGear](#) and [HealthyCare](#) benefits.

Who may use Polar

Vitality members, 16 years and older, on an active Vitality membership can link their Polar device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use Polar but will not earn Vitality points.

As a Vitality member with an active Vitality membership, you will pay for the Polar device (excluding any courier charges that may apply for delivery). There are no fees for using your device to upload your workouts to Vitality to earn your Vitality points.

Get up to 25% cash back on selected Polar fitness devices with the Vitality HealthyGear and HealthyCare benefits

With up to 25% cash back on selected Polar fitness devices with Vitality [HealthyCare](#) at Clicks or Dis-Chem and [HealthyGear](#) at Sportsmans Warehouse or Totalsports, it's easier for you to track your workouts and earn Vitality points anywhere, anytime!



How to use this benefit

To get started, follow the steps below to link your Polar device to Vitality, and upload your workout data.

- You will need a Polar web-enabled Heart Rate Monitor or Activity Tracker that can link to the Polar Web Services, either polarpersonaltrainer.com or flow.polar.com.
- Visit www.polarpersonaltrainer.com or www.flow.polar.com (device dependent) to create your Polar Account (it's free).
- You will need to download and install the applicable Polar data transfer application (from the Polar Web Service) onto your computer: WebLink™/WebSync™ for www.polarpersonaltrainer.com or FlowSync™ for www.flow.polar.com (depending on which Polar product or device you have). This will allow you to download your exercise or activity data (device dependent) onto the applicable Polar Web Service from your device using the applicable USB connection cable, to share this with Vitality to earn points.

To link your Polar to Vitality

To link your Polar Account to Vitality, follow these steps

Step 1: Click on the '[Fitness devices and apps](#)' page under the '**Gym and Fitness**' section on the Vitality menu and click on '**Link my Polar account**'.

Step 2: Enter the email address used to create your Polar account, click '**Continue**' and follow the prompts to continue.

Step 3: An email will be sent to the email address supplied in **Step 2**. Click on the link in this email which will direct you to the Polar website.

Step 4: Follow the prompts on the Polar website to link your account and then click on 'Accept Request' and return to the '[Fitness devices and apps](#)' page.

Step 5: Upload at least one workout to Vitality after clicking 'Accept Request' to confirm the link with Vitality.

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

Please make sure you synchronise your app-compatible Polar device and Polar Flow app on iOS **twice** to synchronise the data between them. This will make sure your device sends your workout details to your Polar Flow account and will also make sure we can award the Vitality points you earn.

How it works

Earning Vitality points with Polar fitness devices

To earn 150 Vitality points, you have to do at least 30 minutes of physical activity at or above a specific intensity.

Different fitness devices and apps collect different data about your exercise session. You can earn **150** Vitality points for **one exercise session a day** if you achieve the requirements set out

below during your workout. You can also earn **50** bonus points, depending on your **heart rate, speed or exercise duration or steps** you take.

Once you have created your Polar Account on the applicable Polar Web Service; www.polarpersonaltrainer.com or www.flow.polar.com, you will need to link this account to your Vitality account by following the [steps to get started](#).

To earn up to 150 Vitality points you have to:

- Track at least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% but less than 70% of your age related maximum heart rate; or
- Track at least **30 minutes of physical activity in one exercise session a day** at a minimum **average speed** of 4 kilometres an hour; or
- Track **5 000 to 7 499** steps a day to earn 50 Vitality points; or
- Track **7 500 to 9 999** steps a day to earn 100 Vitality points; or
- Track **10 000 to 12 499** steps a day to earn 150 Vitality points.

To earn 50 bonus points you have to:

- Track at least 30 minutes or more of physical activity in **one exercise session a day** at an average heart rate of more than 70% of your age-related maximum heart rate; or
- Track at least 60 minutes or more of physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate.
- Track at least 30 minutes of physical activity in **one exercise session a day** at a minimum average speed of 7.2 kilometres an hour.
- Track at least 60 minutes or more of physical activity in **one exercise session a day** at a minimum average speed of 4 kilometres an hour.
- Track **12 500** or more steps a day.

An example

John buys a Polar fitness device and links it to Vitality. His device collects heart rate and speed data. John does 30 minutes of physical activity in one exercise session a day. He exercises at an average heart rate of more than 60% of his age-related maximum heart rate. He uploads his exercise data to Vitality.

John will earn 150 points a day for meeting one of the requirements from either his heart rate data or speed data. If John keeps his heart rate above 133 beats a minute (70% of his maximum age-related heart rate), he will earn 150 Vitality points plus an extra 50 bonus points.

Ending this benefit

If your Vitality membership ends, you will no longer earn Vitality points for uploading your workout data with your Polar device. However, you can continue to use Polar in your personal capacity.

You may disconnect your Polar device from Vitality at any stage by selecting the

'Disconnect' option on the Discovery App. If you disconnect it, you will no longer earn Vitality points through Polar.

If you want to activate the benefit again, you will need to follow the steps under the 'To link your Polar device to Vitality' section.

Terms and conditions apply. For the Polar terms and conditions visit the www.polar.com






Find out more

If you have any questions or need more information about Polar go to www.discovery.co.za and click on 'Fitness devices and apps' on the Vitality menu.

You will also find a full set of Vitality rules. 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 or call 0860 99 88 77.

Keep up to date with the latest news from Vitality: Download the  Discovery app, follow Discovery Vitality on    (@Discovery_SA) and  (DiscoverySA).