



Garmin

Vitality members can link a range of fitness and activity devices to Vitality to record workouts anywhere, anytime, and earn Vitality points!

Garmin devices track and assess your physical activity. Garmin fitness products cover a broad range of sporting disciplines, from indoor gym training to adventure-bound outdoor sports.

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

Who may use Garmin

Vitality members, 6 years and older, on an active Vitality membership can link their Garmin device to Vitality to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use Garmin but will not earn Vitality points.

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

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

With up to 25% cash back on selected Garmin 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 Garmin device to Vitality, and upload your workout data.



To link your Garmin to Vitality

Step 1: Make sure you have a Garmin Connect account. Visit the [Garmin Connect website](#) to create a Garmin Connect account. When you have a Garmin Connect account, make sure that you have connected your Garmin devices to that account.

Step 2: Click on the '[Fitness devices and apps](#)' page under the '**Gym and Fitness**' section on the Vitality menu and click on '**Link my Garmin account**'.

Step 3: Enter your Garmin Connect login information and click on '**Sign In**'.

Step 4: The page will refresh. You will see the 'Fitness devices and apps' overview page with your Garmin Connect information.

Step 5: Once you have successfully uploaded your workout data, you will get a detailed summary of it on the '**Workout tracker**'.

If you have any problems uploading your workout data, please visit the Garmin website for more information

How it works

Earning Vitality points with Garmin fitness devices

Different fitness devices and apps collect different data about your exercise session. You can earn **up to 3 000** Vitality points for **one exercise session a day** if you achieve the requirements set out below during your workout.

To earn 50 Vitality points you have to:

- Track **5 000 to 9 999** steps a day to earn 50 Vitality points

To earn up to 100 Vitality points you have to:

- Track at least 30 minutes of moderate 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 moderate physical activity** in **one exercise session a day** at a minimum **average speed** of 4 kilometres an hour; or
- Track **10 000 to 12 499** steps a day to earn 100 Vitality points.

To earn up to 300 Vitality points you have to:

- Track at least 45 minutes of moderate 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 a minimum **average speed** of 5.5 kilometres an hour; or
- Track at least 20 minutes of vigorous 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 a minimum **average speed** of 8 kilometres an hour; or
- Track at least 0.5km to 1km of moderate swimming activity in **one exercise session a day** at a minimum average speed of 1.5 kilometres an hour; or
- Track at least 0.5km to 1km of vigorous swimming activity in **one exercise session a day** at a minimum average speed of 3.4 kilometres an hour; or

- Track **12 500** or more steps a day.

To earn up to 600 points you have to:

- Track at least 90 - 119 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 60 - 89 minutes of vigorous 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 a minimum average speed of 8 kilometres an hour; or
- Track at least 1.1km to 3km of moderate swimming activity in **one exercise session a day** at a minimum average speed of 1.5 kilometres an hour; or
- Track at least 1.1km to 3km of vigorous swimming activity in **one exercise session a day** at a minimum average speed of 3.4 kilometres an hour.

To earn up to 1 500 points you have to:

- Track at least 120 - 359 minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 90 - 119 minutes of vigorous 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 a minimum average speed of 8 kilometres an hour.

To earn up to 3 000 points you have to:

- Track at least 360+ minutes of moderate physical activity in **one exercise session a day** at an average heart rate of more than 60% of your age-related maximum heart rate or a minimum average speed of 5.5 kilometres an hour; or
- Track at least 120+ minutes of vigorous 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 a minimum average speed of 8 kilometres an hour.

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.

How to calculate your Vitality points

To earn 300 Vitality points a day, you have to do at least 20 minutes of physical activity at or above a specific intensity.

An example

John buys a Garmin fitness device and links it to Vitality. His device collects heart rate and speed data. John does a minimum of 30 minutes of physical activity in **one exercise session a day**. He exercises at an average heart rate of more than 60% but less than 70% of his age-related maximum heart rate. He uploads his exercise data to Vitality.

John will earn 100 points that day for meeting one of the heart rate data requirements.

Ending this benefit

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

You may disconnect your Garmin 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 Garmin.

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

Terms and conditions apply. For the Garmin terms and conditions visit the [Garmin Connect website](#).






Find out more

If you have any questions or need more information about Garmin 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).