



Jawbone

Vitality members can earn up to 200 Vitality points a day with the revolutionary UP by Jawbone wristband and mobile app. The UP by Jawbone gives you meaningful, personalised insights so you can make lasting improvements to your everyday life. It tracks your sleep patterns, activity levels and food intake.

Vitality members can get up to 25% cash back on selected fitness devices with the Vitality [HealthyGear](#) and [HealthyCare](#) benefits. Members on schemes administered by Discovery Health can also [claim up to R750](#) from your available day-to-day benefits (if applicable) when buying selected fitness devices from Clicks or Dis-Chem. You can claim for one device for each member, each year (unless otherwise stated).

Who may use Jawbone

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

As a Vitality member with an active Vitality membership, you will pay for the UP by Jawbone (excluding any courier charges that may apply for delivery). The Jawbone UP app is free to download from [Apple App store](#) or [Google Play store](#). To check compatibility of the app and UP band with your phone, visit the [Jawbone website](#). There are no fees for using your device to upload files to Vitality to earn your Vitality points.

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

With up to 25% cash back on selected Jawbone 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!



Members on schemes administered by Discovery Health can [claim up to R750](#) from your available day-to-day benefits (if applicable) when buying selected fitness devices from Clicks or Dis-Chem stores. You can claim for one device for each member, each year (unless otherwise stated).

How to use this benefit

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

To link your Jawbone fitness device to Vitality

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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 Jawbone account'**.

Step 2: Log in using your Jawbone account username and password or create a new Jawbone account. Click on **'Sign In'**.

Step 3: Click on **'Agree'** to authorise the connection and link your Jawbone account to Vitality. You will then return to the ['Fitness devices and apps'](#) page.

Step 4: Once your workout data has been successfully uploaded, you can view a detailed summary on the ['Workout tracker'](#).

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

How it works

Earning Vitality points with Jawbone fitness device

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 the **steps** you take.

To earn up to 150 Vitality points you have to:

- 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 **12 500** or more steps a day to earn 200 Vitality points (150 points and 50 bonus points).

The points you earn by uploading data from your UP by Jawbone, count towards the maximum Vitality points for fitness. Each adult can earn up to 15 000 Vitality points and another 24 000 bonus points for fitness each year.

Points will only be awarded for one fitness event a day. If you complete two fitness events in one day, then the higher points between the two will be awarded.

Points may take up to two weeks to show on your Vitality Points Monitor after you have uploaded your data on Vitality or on the website of your chosen device.

An example

John buys an UP by Jawbone that he links to Vitality. His device collects step data. John takes 10 000 steps a day and uploads his exercise data to Vitality.

John will earn a maximum of 150 points a day for his exercise session for meeting one of the criteria from his step data.

General information

- By registering your UP by Jawbone online you agree that, to award your Vitality points, Vitality and Jawbone will exchange information on your use of the UP by Jawbone.
- Vitality reserves the right to cancel or refuse the registration of your UP by Jawbone and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's UP by Jawbone, permitted your registered UP by Jawbone to be used by someone else or if you have provided false or misleading information or attempted to do so.
- Discovery Vitality reserves the right to change or cancel this benefit at any time and at its discretion. If we cancel or change the benefit, we will give you reasonable notice beforehand.

Ending this benefit

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

You may disconnect your Jawbone 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 Jawbone.

If you want to activate the benefit again, you will need to follow the steps under the

To link your Jawbone device to Vitality' section.

Terms and conditions apply. For the S-Health terms and conditions visit the [Jawbone website](#).






Find out more

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