

## MapMyFitness

Vitality members can earn up to 3 000 Vitality points a day for getting active with fitness devices linked through MapMyFitness or with the MapMyFitness app which tracks exercise routes. MapMyFitness offers a platform where you can use a range of fitness devices and apps to track your fitness activities, routes and progress. You can have fun with your friends while improving your health.

### Who may use a MapMyFitness

Vitality members, 13 years and older, on an active Vitality membership can use the MapMyFitness smartphone app to earn Vitality points. Members who have only KeyFIT or Vitalitydrive (not Vitality), can use the MapMyFitness smartphone app but will not earn Vitality points.

As a Vitality member with an active Vitality membership, you will pay for the fitness device (excluding any courier charges that may apply for delivery) or mobile apps you choose to use through MapMyFitness. Fitness apps that are supported by MapMyFitness can be download from the [Apple App Store](#), [Google Play Store](#) or [Windows Phone Store](#). To check compatibility of the app with your phone, visit the [MapMyFitness website](#). There are no fees for using your device to upload your workout data to Vitality to earn your Vitality points.

### How to use this benefit

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

If you had linked a device or app to Vitality before April 2015 then it is possible a MapMyFitness account was created automatically on your behalf.

To see if a MapMyFitness account was created and linked to Vitality for you, go to the '[Fitness devices and apps](#)' page. If MapMyFitness does not appear in the **"Your devices and apps"** section, you don't have an existing MapMyFitness account and will need to create one.



## How it works

If you had linked a device or app to Vitality before April 2015 then it is possible a MapMyFitness account was created automatically on your behalf.

To see if a MapMyFitness account was created and linked to Vitality for you, go to the ['Fitness devices and apps'](#) page. If MapMyFitness does not appear in the **"Your devices and apps"** section, you don't have a MapMyFitness account linked to Vitality.

**Please note:** If a MapMyFitness account was not created on your behalf by Vitality you will not be able to link any other MapMyFitness account at this time. Vitality is working hard to allow you to link MapMyFitness accounts which you have created yourself.

## To view your MapMyFitness details

If you have a MapMyFitness account linked to Vitality you'll be able to view your MMF username and latest workouts. To do this click on the ['Fitness devices and apps'](#) page under the **'Gym and Fitness'** section on the Vitality menu once logged in. The MapMyFitness tile will appear under the **'Your devices and apps'** section.

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

## Get Started

To get started, follow the steps below to link your MapMyFitness account to Vitality.

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

**Step 2:** A pop-up will appear. Click on the **'Continue'** button.

**Step 3:** Log in using your existing MapMyFitness username and password, or create a new account.

**Step 4:** Click on **'Log in'** to authorise the connection and link your MapMyFitness account to Vitality.

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

## Earning Vitality points with MapMyFitness App

Different fitness devices and apps collect different data about your exercise session. You can earn **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 5.5 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 30 minutes 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 60 minutes of vigorous swimming activity in **one exercise session a day** at a minimum **average speed** of 3.4 kilometres an hour.
- 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 90 minutes 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 60 minutes 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.
- Track at least 360 minutes 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 120 minutes of vigorous swimming activity in one exercise session a day at a minimum **average speed** of 3.4 kilometres an hour.

The points you earn when uploading data from your MapMyFitness account, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 and each Vitality kid 20 000 Vitality points for fitness each year.

Vitality will award points for one fitness event a day only. If you complete two fitness events in one day, then you will get the higher points between the two.

Points may take up to two weeks to show on your [Vitality Points Monitor](#) after you have uploaded your data from your chosen device or app.

### An example

John buys a Suunto fitness device that he links to Vitality through MapMyFitness. His Suunto device collects speed data. John does a minimum of 30 minutes of physical activity in **one exercise session a day** at an average speed 4km/hr. He uploads his exercise data to Vitality.

John will earn 100 points that day for meeting one of the average speed data requirements.

### General information

- By registering your fitness device and app through MapMyFitness and linking it with Vitality you agree that, to award your Vitality points, Vitality and MapMyFitness will exchange information on your use of MapMyFitness.
- To find out if you have an existing MapMyFitness account click [here](#).

- Vitality reserves the right to cancel or refuse the registration of your MapMyFitness account and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's MapMyFitness account, permitted your registered MapMyFitness account 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 MapMyFitness app. However, you can continue to use MapMyFitness in your personal capacity.

You may disconnect your MapMyFitness app 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.

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

Terms and conditions apply. For the MapMyFitness terms and conditions visit the MapMyFitness website.






## Find out more

If you have any questions or need more information about MapMyFitness go to [www.discovery.co.za](http://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

If you have any questions or need more information about this benefit, please visit [www.discovery.co.za](http://www.discovery.co.za) or call 0860 99 88 77. Terms and conditions apply.

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