



Moves

Vitality members can earn up to 300 Vitality points a day with the Moves smartphone app. The Moves app allows you to track your fitness activities and have fun with your friends while improving your health. It tracks your activity levels, sleep patterns and food intake.

Who may use Moves

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

The Moves smartphone app is free to download from the [Apple App store](#) or [Google Play store](#). To check compatibility of the Moves app with your phone, visit the [Moves website](#). There are no fees for using your app 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 Moves account to Vitality, and upload your workout data.

To link your Moves App to Vitality

Step 1: Download the Moves app from your [Apple App store](#) or [Google Play store](#).

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 Moves account'.

Step 3: A unique **eight-digit PIN*** will be shown.

Step 4: Log into the Moves app on your smartphone using your Moves account username and password and click on '**Connected apps**'. Select '**Enter PIN**' and enter the PIN received in '**Step 3**'.

Step 5: Click on 'Allow' to authorise the connection and to link your Moves account to Vitality.



Step 6: Once you have successfully uploaded your workout data, you can view a detailed summary on the ['Workout tracker'](#).

***Please note the PIN will be valid for five minutes only. If you do not use it within five minutes you will need to request a new one.**

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

How it works

Earning Vitality points with Moves

You can earn up to **300** Vitality points for the number of steps you take daily.

To earn up to 300 Vitality points you have to:

- Track **5 000 to 9 999** steps a day to earn 50 Vitality points; or
- Track **10 000 to 12 499** steps a day to earn 100 Vitality points; or
- Track **12 499** or more steps a day to earn 300 Vitality points.

The points you earn by uploading data from your Moves account, count towards the maximum Vitality points for fitness. Each adult can earn up to 30 000 points and each child can earn up to 20 000 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 downloads the Moves app and links his Moves account to Vitality. His app collects step data. John takes 10 000 steps a day and uploads his exercise data to Vitality.

John will earn a maximum of 100 points a day for meeting one of the step data requirements.

General information

- By registering your Moves app you agree that, to award your Vitality points, Vitality and Moves will exchange information on your use of the Moves app.
- Vitality reserves the right to cancel or refuse the registration of your Moves app and to deduct any Vitality points awarded under this benefit if there is a reason to believe you have knowingly registered another person's Moves app, permitted your registered

Moves app 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 Moves app. However, you can continue to use Moves in your personal capacity.

You may disconnect your Moves 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 Moves App to Vitality' section.

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

Find out more

If you have any questions or need more information about Moves 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

If you have any questions or need more information about this benefit, please visit 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).