



What is miCoach

miCoach is like having your own personal coach. It provides workouts you can customise to your own fitness needs. It combines the latest in web technology with a heart rate monitor and pacer to record your workout data and help you reach your fitness goals. After your workout, you can upload your data and track your improvement.

Who may use this benefit?

All Vitality members, 16 years or older, on an active Vitality membership can use miCoach fitness devices and earn Vitality points (A member can only qualify for Vitality points from the day of their 16th birthday).

What you pay

As a Vitality member with an active Vitality membership, you will pay a fee for the miCoach device (excluding any courier charges that may apply for delivery). Please note that some devices also require a paid subscription for use of their services. Visit <http://micoach.adidas.com> for more details.

How to use this benefit

To start getting active and healthier, and earn Vitality points with miCoach, simply follow these steps:

To link your miCoach to Vitality

Simply register your miCoach fitness monitor online (follow the steps below) and you can start earning points for your workout.



If you already have a miCoach fitness monitor and account and would like to connect your miCoach account with vitality, go straight to step 2. If you are new to miCoach and would like to activate your miCoach fitness monitor and account begin at Step 1.

Step 1: Go to www.micoach.com and create your miCoach account.

Step 2: Once you have created your account, connect your Vitality account with your miCoach account on the [Vitality website](#) by entering the same email address you used to activate your account on the miCoach website.

Step 3: Please visit www.micoach.com and login and confirm the connection. Once you are logged in, select “**Sharing**” (in the drop down next to your username) and then select “**Connection**” from the list of 3rd party applications.

Step 4: Once the connection is confirmed, you can view a detailed summary on the ‘**Workout tracker**’ tool. Vitality will award Vitality points based on the data received from miCoach.

How it works

Earning Vitality points with miCoach 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**.

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

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.

Each adult can earn up to 15 000 Vitality fitness points and another 24 000 bonus fitness points each year.

Please note: You can earn Vitality fitness points for meeting the criteria for heart rate data **or** speed data, depending on the data that your device collects. Each adult can earn up to 15 000 Vitality fitness points and another 24 000 bonus fitness points each year.

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

How to calculate your Vitality points

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

An example

John buys a miCoach 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% of his age-related maximum heart rate. He uploads his exercise data to Vitality.

John will earn 150 points a day for his exercise session 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.

Important points to remember

1. Your email address is your “miCoach login ID”.
2. To register your miCoach login ID with Vitality, you must be 18 years or older and have an active Vitality membership:
3. You may only register one miCoach login ID with Vitality at any time and that miCoach login ID must be valid and in your name.
4. If you get a new miCoach login ID, register it with Vitality to continue earning Vitality points.
5. You can't earn Vitality points for using your miCoach fitness device before you register your miCoach login ID with Vitality.
6. By registering your miCoach login ID with Vitality, you agree that, to award your Vitality points, Vitality and miCoach will share information on the use of the miCoach fitness monitor.

7. Vitality reserves the right to cancel or refuse the registration of your miCoach login ID and to deduct any Vitality points you earned before for this benefit if Vitality reasonably believes you have knowingly registered another person's miCoach login ID, permitted your registered miCoach fitness device to be used by someone else or if you have provided false or misleading miCoach login ID information or attempted to do so.
8. You can cancel your miCoach fitness device at any time online on www.micoach.com. At your request, they will delete your records of your registered miCoach fitness monitor.
9. Discovery Vitality reserves the right to change or cancel this benefit at its discretion. If we change or cancel the benefit, we will give participants reasonable notice beforehand.
10. If you don't want Vitality to track your miCoach workouts, go to www.micoach.com to cancel your registration. Once your miCoach fitness device is deactivated, you will not earn any Vitality points for your workouts.

Ending the benefit

If your Vitality membership ends, you may no longer use the miCoach fitness device through Vitality. However, you may continue to use your miCoach device on www.micoach.com or Vitality in your personal capacity.

You may cancel the benefit at any stage by logging onto www.micoach.com and cancelling the permission you gave Vitality to access your workout data. Once your miCoach benefit is cancelled, you will no longer earn any Vitality points for your workouts.

Find out more

If you have any questions or need more information about the miCoach devices go to www.discovery.co.za and click on 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 Main Rules – the Vitality Main 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 our call centre on 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).